



Every cut goes deeper

Post-secondary schools launch campaign to preach the societal benefit of their institutions

The Starbucks tea party

Coffee giant looks to make hot tea as cool as iced with opening of first 'tea bar' in New York City

BoSox bats boom in World Series opener

Boston walks away with 8-1 win over St. Louis

PAGE 36



A nature lover's paradise, a new Edmonton community bordering Lois Hole Provincial Park.

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SADDLING UP

Mayor-elect Don Iveson gets in the spirit for the upcoming River City Round Up with cowboy hat, belt buckle and size 15 cowboy boots. The River City Round Up comes to town Nov 1-10. Story, page 8. LUCY HAINES/METRO

Crime numbers in Strathcona drop 31 per cent

Policing. Relationship building looks to be yielding positive results

STEPHANIE DUBOIS

DUBUIS

Crime overall has been on a downward trend in the Strathcona neighbourhood for the last four years, something local officials attribute to stronger community relationships.

From 2009 to this month, there has been a 31 per cent decrease in assaults in the popular entertainment area, according to EPS figures. Homicides have remained at zero over the last four years, except for one case in 2011. Robbery cases have also dropped, while thefts from cars continue to be an issue.

Police say the transient

population plays a role in crime figures, which is why officers in the area are working with them, which officials say could contribute to lower crime rates.

"What we did this year is fair but firm," said Sgt. Maurice Brodeur with EPS, adding police work with the homeless frequently in the area. "We police according to what the people here want us to police and they want us to be fair to the homeless population."

The decrease in crime levels has been noted by local businesses too, who recognize there will always be crime, but that it is dropping.

"There's always going to be some incidents ... but overall, we're seeing a reduction everywhere," said Murray Davison, executive director at Old Strathcona Business Association. "What's unique here is it's a different type of policing. (Police) also work with our youth at risk and our homeless in the area, which is a big contributor to the minor kinds of crimes that we see in the area."

The Old Strathcona neighbourhood is patrolled by two squads, each consisting of eight constables and one sergeant. One of the ways police try to decrease crime is by working with the homeless population, especially local youth.

Both Youth Empowerment and Support Services (YESS) and the Old Strathcona Youth Society say police have been making more appearances to try and keep kids out of trouble.

"They work collaboratively with us, get to know the youth, work with them in a positive way rather than having negative interactions out on the street ..." said Karen Drynan, executive director of the Old Strathcona Youth Society.



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Pollutants

Study shows dirty air downwind of chemical plants

A newly published study says air downwind from a cluster of petrochemical plants northeast of Edmonton contains pollutants at levels equal to some of the world's largest cities.

Other pollutants, including some known to cause cancer, also measured well above normal. And cancer rates linked to those chemicals were found to be higher in communities closest to the so-called Industrial Heartland.

Although scientists don't definitively link the two, one of the report's co-authors said the findings raise concern about the possible long-term effects of exposure to petrochemical emissions.

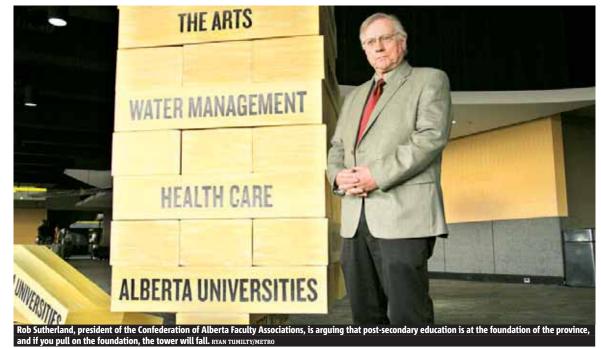
"We're suggesting a prudent approach — reduce the carcinogens now as a preventative measure," said Isobel Simpson, a chemist at the University of California Irvine and co-author of the report published online by Atmospheric Environment.

An Alberta government spokeswoman said the report doesn't necessarily reflect real human exposure to the pollutants.

The area, 30 kilometres northeast of Edmonton and adjacent to the town of Fort Saskatchewan, now holds Canada's largest concentration of petrochemical processors.

Simpson said her lab became interested in 2008, when they were invited to participate in an environmental impact study for a project in the region.

THE CANADIAN PRESS



Faculty rise up against gov't cuts

New campaign.Advertisements argue post-secondary underpinning of Alberta

An organization representing professors across the province is launching a new campaign hoping to hold off any further cuts to post secondary education.

The "Alberta Universities Support Everything" campaign aims to bring attention to the work universities do to support other sectors. "No one should seriously doubt that university education is a public good, providing the foundation for the social, cultural and economic development of our province," said Rob Sutherland, president of the Confederation of Alberta Faculty Associations.

Sutherland said without the research and education universities provide it would be impossible for the province to succeed.

"Imagine Alberta's oil and gas industry without the latest in engineering technology or expertise in accessing global markets," he said.

Representing

- The Confederation of Alberta Faculty Associations represents professors at the University of Alberta, University of Lethbridge, University of Calgary and Athabasca University.
- The campaign will feature print advertisements and a website www.notonemore.ca.

Sutherland said the group is protesting this year's cuts, but

is also wary of the possibility of more cuts.

"There have not been any announcements, but then this particular government does not allow for much in the way of information."

Advanced education minister Thomas Lukaszuk said the group is welcome to advertise, but he understands the importance of his ministry.

"It's not needed. We know how important it is and we will do what we possibly can," he said. "We fully comprehend the importance of advanced education."

RYAN TUMILTY/METRO



Edmonton seeing jump in jewelry distraction thefts

13 this month. Victims often approached, hugged by thieves

STEPHANIE DUBOIS

stephanie.dubois@metronews.ca

Edmonton Police Service (EPS) is warning the public about a recent rise is distraction-style thefts.

Since May, there have been 90 complaints of people being targeted by strangers for their jewellery. In October alone, there have been 13 reported cases. The majority of cases have occurred in residential areas or in shopping malls, police said.

"The people that are being targeted are usually elderly people in which a language barrier exists. A small percentage of the occurrences involve mid-age people," said EPS Acting Det. Emeric Derczeni.

Police say about three to four per cent of the crimes reported to-date are violent. On Sept. 27, a 57-year old man was robbed by knifepoint at the Mill Woods parking lot after being approached by a man who was selling gold jewellery.

Derczeni said typically victims are approached by individuals who either try to sell fake costume jewellery or put fake jewellery on victims after stealing their real jewelry, often by hugging the victims.

Derczeni warns the public to be vigilant when approached by strangers and to report anything suspicious to police as quickly as possible.

"If the deal looks too good to be true, then it is," he said.

The suspects are described as both male and female, with dark complexions, dark hair and heavy accents, possibly from Eastern Europe or the Middle East.

Anyone with information is asked to contact police by calling 780-423-4567.





Wildrose aims to clip thorns

Alberta's Opposition Wildrose party is taking steps this weekend to drain once and for all the "lake of fire" that torched its hopes of forming government in the last election.

Members at the party's annual meeting in Red Deer are to vote on several policy changes designed to dismantle platform planks that brought damning criticism last year

that the party was ignorant and intolerant.

"We know that we've got some contentious policies that have to be debated," Wildrose Leader Danielle Smith said at the party's legislature office Wednesday.

The key changes involve sexual orientation, race, climate change, the human rights commission, con-

science rights and citizen-initiated referendums.

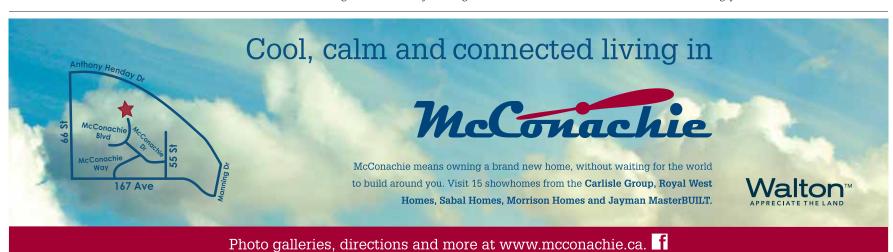
The topics bedevilled Smith's party in the closing days of the April 2012 election campaign and scuttled what some were predicting was a strong chance at victory.

Smith was harshly criticized in particular for not tossing overboard two candidates for their statements on gays

and race

and race.

Edmonton candidate Allan Hunsperger made national headlines just days before the vote when it was revealed he had written a blog warning homosexuals that Satan was setting a "trap" for them and if they didn't change their ways, they would "suffer the rest of eternity in the lake of fire, hell." THE CANADIAN PRESS







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Experience just not enough for Leibovici

Election. Second-place finisher had hoped record of service would lead to victory



RYAN TUMILTY ryan.tumilty@metronews.ca

Karen Leibovici's campaign team aggressively pitched Edmontonians on her leadership, experience and ability to get things done. The only problem is that

The only problem is that experience wasn't what voters were looking to buy.

"There was a particular atmosphere in the city and Don (Iveson) was able to capture that. I don't think something went wrong, it was something that went well for him," said Leibovici's campaign manager Catherine Keill the day after the election.

Keill, a former deputy

Final tally

Leibovici took 41,186 votes, which was 19.28 per cent of the ballots cast.

chief of staff for Mayor Stephen Mandel, said with Leibovici's four terms on council and 20 years in public life it was obvious to them what her greatest strength would be.

"It was pretty evident in the campaign that we were working around the messaging around her experience and her leadership, said Keill.

Keill rejects the notion the Leibovici campaign went negative.

"Challenging somebody on policy is not being negative. Negative is a personal attack," she said.

Leibovici often had harsh questions for city staff during council meetings and Keill said the campaign was just an extension of that.

"She's a questioner, and we all know that if you've seen her on council."

Keill said her only regret is that Leibovici won't be mayor.

"I don't think anybody today is waking up feeling that we didn't try our darndest," she said.

Keill said the campaign was well-financed and had strong volunteers and a clear message, but it is obvious people were more interested in Iveson's vision.

"It's evident that there's something afoot in the city that Don captured," she said.

Leibovici is also content with the message her campaign put forward and has no regrets.

"We poured heart and soul into the campaign and I think we had a great campaign," she said. "I believe that we put forward a vision that I was proud to be part of."



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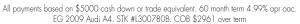
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Stanley. Sex offender held on \$100,000 bail in U.S.

For a few weeks, Michael Sean Stanley managed to cut away from a troubled life in Canada and navigate a bizarre pathway to freedom.

The sex offender removed his electronic monitoring bracelet, eluded a Canadian manhunt and headed for the border.

He was allowed to cross into Washington state, where local authorities told the U.S. citizen to register as a sex offender but didn't arrest him, since he'd committed no crimes in the U.S.

Less than four days after registering, Stanley was accused this week of sexually assaulting a 16-year-old in a Seattle alley in a case that has caused alarm on both sides of the border and exposed a challenging dynam-



ic of cross-border relations.
Wearing a red jail
uniform with his hands
shackled in front of him,
Stanley made a first appearance by video feed from the
local detention centre. Seattle Municipal Court Judge
Karen Donohue set his bail

THE ASSOCIATED PRESS

Complaint

Officer charged with assault

A 10-year veteran of the Edmonton Police Service (EPS) has been charged with assault with a weapon.

Edmonton police announced late Wednesday afternoon that Const. Trevor Claydon had been charged. The police released very few details, but said the charges stem from a complaint Claydon used a Taser when he had no authority to do so.

The force's professional standards branch investigated the case and Alberta Justice gave approval to lay charges.

Claydon remains on active duty.

METRO

Collision

at \$100,000.

Man charged in hit-and-run

A 37-year-old man has been charged following a hit-and-run collision that sent a 14-year-old girl to hospital.

The collision around 130 Street and 130 Avenue happened around 8:30 p.m. Police were called about the incident and determined that the vehicle that hit the young girl was stolen.

Wayne Morley Wilcox, 37, is charged with criminal hit and run causing bodily harm, dangerous driving causing bodily harm and host of other charges.

The victim and the accused are known to each other. METRO



Time to channel your inner cowboy

Giddyup. River City Round Up takes over E-town for a celebration of all things western from Nov. 1-10

Mayor-elect Don Iveson looked every bit the urban cowboy for his first unofficial mayoral duties Wednesday.

Dressed in checked shirt, cowboy hat and skinny jeans tucked into size 15 — yep, 15 — cowboy boots, city-slicker Iveson joined festival organizers and Grade 6 students from Greenfield

School to kick off the River City Round Up, coming Nov. 1 to 10 around the city.

"We have an urban barnraising culture right here in Edmonton, and many in our city are only one generation off the farm," Iveson said.

"This festival is important to our community, and the local economy, too. It's amazing how many pickup trucks and cowboy boots are sold during this event."

A slate of western and

A slate of western and agricultural-themed events run primarily on and around Sir Winston Churchill Square, from a kickoff celebration with free pancake breakfast Nov. 2, to a cowpoke corral for kids,

musical entertainment and chili cook-off.

Taste of the Past provides a hands-on taste of history, with bacon frying, soap making and bannock making.

ing.

Northlands CEO Richard Andersen said partnering with River City Round Up is key for his venue's events: the Canadian Finals Rodeo, and 40th anniversary of Farmfair International. "This focus on agriculture, that helps drive our economy, and the excitement of the rodeo finals — these show the great spirit of this community," said Andersen.

With a tip of his new black cowboy hat, Iveson

At a glance

 The River City Round Up brings a country spirit to an urban setting with 10 days of activities throughout the city, including two signature events at Northlands: The Canadian Finals Rodeo and the 40th anniversary of Farmfair International.

said the positive energy at the kickoff was infectious.

"Now I know why Mayor Mandel said being mayor of Edmonton is the best job," he said.

LUCY HAINES/FOR METRO



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Pamela Wallin states her case

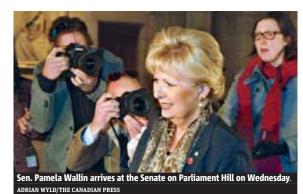
Under investigation.

Former Conservatives Mike Duffy and Patrick Brazeau also facing possibility of being kicked out of Senate

Pamela Wallin says a government move to expel her from the Senate is an affront to Canadian democracy, motivated by politics and personal vendettas against her by confidantes of Prime Minister Stephen Harper.

The embattled senator — who has reimbursed almost \$150,000 in travel-expense claims that the Senate has ruled invalid — told the chamber Wednesday that she was targeted unfairly by fellow Conservatives Marjory LeBreton and Carolyn Stewart Olsen.

LeBreton was government



leader in the Senate until she stepped down this summer. Stewart Olsen is a former aide to Harper who, until this week, was a key member of the Senate committee that sat in judgment on Wallin and three other senators, ordering external audits of their expenses and ultimately asking the RCMP to investigate all

four.

Wallin said public opinion was whipped up against her by 14 different leaks to the media — leaks she believes "were orchestrated in large measure by Sens. LeBreton and Stewart Olsen" and which were designed to cast her conduct "in the worst possible light."

THE CANADIAN PRESS



Royal baby baptism

Britain's Prince William holds his son, Prince George, as they arrive at Chapel Royal in St. James's Palace in London for the christening of the three-month-old prince Wednesday. JOHN STILLWELL/THE ASSOCIATED PRESS

Moscow

Greenpeace activists facing new charges

Russia's main investigative agency said Wednesday that it has dropped piracy charges against jailed Greenpeace activists, including two Canadians, and charged them instead with hooliganism.

The news brought little comfort to anxious family members back home, since the new charges still carry stiff prison sentences of up to seven years.

But Patti Ruzycki
Stirling, whose brother
Paul Ruzycki was serving
as first mate aboard the
Greenpeace ship "Arctic
Sunrise" when it was
seized last month, said
the decision still represents progress from the
Russian government.

Greenpeace took a harder line, saying their crew members were arrested while travelling in international waters and should not be behind bars at all

THE ASSOCIATED PRESS



Pakistan, U.S. talk drones and security

First Obama-Sharif meeting. Leaders pledge co-operation, though key issue unresolved

Seeking to improve a rocky relationship, President Barack Obama and Pakistani Prime Minister Nawaz Sharif on Wednesday pledged co-operation on the security issues that have strained ties between their nations. But the sources of the long-standing tensions did briefly bubble to the surface.

Speaking alongside Obama at the White House, Sharif said he raised the issue of American drone strikes during their two-hour meeting, "emphasizing the need for an end to such strikes." For his part, Obama made no mention of drones, which have stoked widespread resentment in Pakistan where many believe the targeted strikes by the armed unmanned aircraft kill large numbers of civilians.

Despite the Pakistani con-



A Pakistani boy, displaced due to ighting between the Taliban and the army. The associated press

cerns, the U.S. has shown no indication it is willing to abandon the attacks. The Pakistani government secretly supported the strikes in the past, and U.S. officials claim some key leaders still do.

Wednesday marked the first time Obama and Sharif have met since the Pakistani leader took office in June. And the mere fact that the talks took place was seen as a sign of progress after a particularly sour period in relations.

THE ASSOCIATED PRESS

Bahrain

Mourners, police violently clash at funeral for teen

The funeral for a 17-year-old boy in Bahrain who authorities said died while carrying explosives descended into chaos Wednesday as mourners clashed with police in the troubled Gulf kingdom.

Plumes of tear gas rose over the cemetery where

mourners buried Ali al-Sabagh, who authorities said died Tuesday after an explosion west of the capital.

Hundreds of anti-government protesters and mourners faced off with police, as an Associated Press reporter saw some set fire to tires in the street and others throw gasoline bombs. Police responded with tear gas and stun grenades, as officers closed the main highway into the city because of the fighting.

THE ASSOCIATED PRESS

Syria and area

13 women freed; may be linked to hostage deal

The Syrian government released 13 female detainees, according to an official and an activist group, in a move that appeared to be part of an ambitious regional prisoner exchange.

The Syrian Observatory for Human Rights on Wednesday

said the women walked out of the headquarters of the Damascus provincial government Tuesday. A Syrian government official confirmed the release. It was not immediately clear whether the women released were part of a complicated hostage swap last week brokered by Qatar and the Palestinian Authority that saw Syrian rebels release nine Lebanese Shiite Muslims, while Lebanese gunmen freed two Turkish pilots.

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Border tensions reignited

An Indian school girl displays a bullet Wednesday allegedly fired on a school from the Pakistan side of the India-Pakistan border. India accused Pakistani troops of firing guns and mortars on at least 50 Indian border posts overnight in disputed Kashmir, calling it the most serious ceasefire violation between the nuclear-armed neighbours in a decade, Channi anand/the associated press



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Racism accusations. Irish return 2 blond, blue-eyed children to Roma homes

Ireland's justice minister says two children temporarily taken by police from their Roma parents have been returned to their families after DNA tests determined that the children were rightfully theirs.

Alan Shatter said Wednesday he had ordered the police commander to produce a report into why officers felt it necessary to take the children—a two-year-old boy and a seven-year-old girl—from their families.

In both cases, police suspected that the children might be victims of abductions because they were blond-haired and blue-eyed, unlike the rest of their immediate relatives.

Irish police were responding to public tipoffs fuelled by media coverage of an alleged child-abduction case in Greece involving a blond-haired girl and a Roma, family.

Human rights groups in Ireland have accused police of racism. THE ASSOCIATED PRESS

San Francisco

Callers mistakenly directed to phone-sex line

People who tried to complain about noise from a San Francisco marathon got an earful of racy language instead.

When they called

the city's 311 hotline to complain about Sunday's Nike marathon, they were

incorrectly directed to a

phone sex line.

City officials now say they were given the wrong number and are investigating how the mix-up occurred. The phone-sex number and marathon number differed only in their prefix: 800 versus 866. THE ASSOCIATED PRESS

Pot smokers in Vietnam digging the Canadian bud

Cannabis. It's also appearing in Japan and South Korea

For the young Vietnamese dope smokers rolling up outside a smart Hanoi café, local cannabis is just not good enough. As with their Adidas caps, iPhones and Sanskrit tattoos, so with their choice of bud: only foreign will do.

Potent marijuana grown indoors in Canada and the United States is easy to buy in Hanoi and Ho Chi Minh City, say regular smokers, and sells for up to 10 times the price of locally grown weed. That's perhaps surprising given that marijuana is easy to cultivate regionally, and bringing drugs across continents is expensive and risky.

Some experts say the trade can be explained by the dominant role Vietnamese



A man rolls a joint with Canadian-grown marijuana at his room in the old quarter area of Hanoi, Vietnam, on Oct 1.

Western-grown marijuana is popular among Vietnamese elite. NA SON NGUYEN/THE ASSOCIATED PRESS

diaspora gangs play in cultivating the drug in western countries, making sourcing the product and smuggling it to Vietnam an easier proposition than it might be otherwise.

The characteristics of cannabis use in the country also drive the trade. The drug is used mostly by foreigners and well-heeled Vietnamese, who are prepared to pay for quality. Vietnamese have long shown preferences for imported goods of all kinds — and it appears cannabis is no exception.

Smokers said one gram of Canadian weed retails for anything up to \$45, the average weekly wage in the country. Mid-quality hydroponically grown marijuana sells for about \$10 a gram in Canada and the United States.

THE ASSOCIATED PRESS

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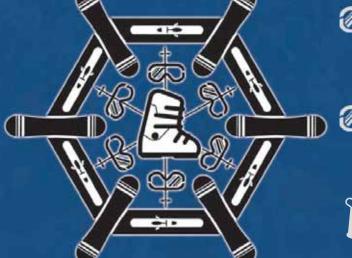
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Europe's focus on blocking migrants at borders slammed

Safe port. Human Rights Watch wants the EU to quarantee that anyone picked up at sea will be taken to a safe European port

The European Union is using the drowning deaths of people fleeing to Europe as a pretext for ramping up border controls against unwanted migrants, a human rights group said Wednesday.

Human Rights Watch said the drowning of hundreds of migrants in the Mediterranean Sea this month should prompt the EU to chart a new policy course toward people fleeing war and dire poverty.

Leaders of the 28-nation

One EU rule that has caused particular friction stipulates that refugees have to apply for asylum in the first EU nation they enter. This has placed particular burdens on Greece, Italy and Malta.

Human Rights Watch accused northern European countries such as Germany of blocking any meaningful reforms of the rules that allow Berlin to turn away refugees who arrived from another EU state.

bloc are to discuss how to avoid future boat disasters at a meeting Friday in Brussels.

Though framed in terms of saving lives, many of the proposed policy responses reflect the EU's preoccupation with preventing departure and barring entry," Human Rights Watch said.

According to the New York-based group, about 35,000 people have crossed from North Africa to Italy and Malta this year alone many of them fleeing persecution or fighting in Somalia, Eritrea or Syria. At least 500 have died this year, including about 365 people who drowned Oct. 3 when their boat capsized off Italy.

In May, the EU created a task force to train Libya's border guards to better control its vast frontiers. But European governments have been reluctant to provide more ways to enter the bloc legally, as demanded by rights campaigners. THE ASSOCIATED PRESS



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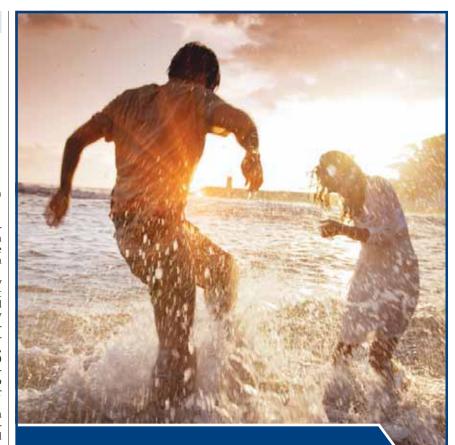
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Military sparked the wildfire, probe finds

Australia. Mayor says military should have known not to run drills on hot, dry, windy day

A military training exercise ignited the largest of the wildfires that have ravaged Australia's most populous state over the past week, investigators said Wednesday.

Investigators found that a massive fire near the city of Lithgow, west of Sydney, began Oct. 16 at a nearby Defence Department training area, and that the blaze "was started as a result of live ordnance exercises," the Rural Fire Service said in a statement.

The fire has burned 47,000 hectares and destroyed several houses, but no injuries or

deaths have been reported.

The revelation drew anger from Mark Greenhill, mayor of the community of Blue Mountains, which has been ravaged by several of the fires.

"I would have hoped on a day like that — which was a dry day, a hot day, with the winds — the Australian military would have known it wouldn't be a good time to be igniting," Greenhill said.

New South Wales Premier Barry O'Farrell came to the military's defence.

"I want to ensure that this doesn't detract from the efforts that Defence have made over the past week in assisting the state's emergency services battle these fires," he said.

Meanwhile, Blue Mountains residents were told they could return to their homes Wednesday night. THE ASSOCIATED PRESS



California

Boy with toy gun killed by police

California sheriff's deputies have shot and killed a 13-year-old boy after repeatedly telling him to drop what turned out to be a toy gun, officials and family members said.

Two deputies saw the boy walking with what appeared to be a powerful weapon Tuesday, sheriff's Lt. Dennis O'Leary said.

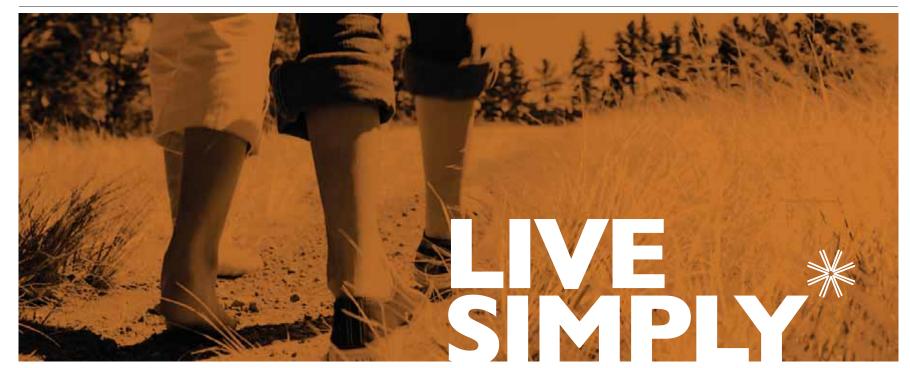
The replica gun resembled an AK-47, according to a photograph released by the sheriff's office. Deputies learned after the shooting that it wasn't an actual firearm, according to O'Leary.

Rodrigo Lopez identified the boy as his son, Andy, to a newspaper and said the teen was carrying a toy gun that belonged to a friend.

It wasn't clear whether the teen pointed the replica at the deputies or made any type of threatening gesture.

O'Leary said the deputies fired several rounds from their handguns immediately after issuing the orders to drop the rifle.

THE ASSOCIATED PRESS



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16

Spencer West, front, climbs Mount Kilimanjaro with his

best friends. David Johnson

and Alex Meers.



"I can't even describe the joy I saw in children's

eyes in Kenya, knowing they could go to school."

Shawn Desman, R&B singer



"It was very metaphorical. We built the foundation

for that community and the kids."

Munro Chambers, actor on Degrassi



"The kids I met in **Ghana** were so excited about life. I

know that they're going to conquer the world. and they're going to make it a better place."

Aislinn Paul, actress on Degrassi



Canada's classical vocal quartet The Tenors taught four-part harmony in rural Kenya recently, coaching high-achieving girls at Free the Children's Kisaruni Girls High School how to belt out a tune. And not just any tune, but the Leonard

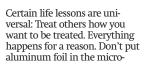
Remigio Pereira, Victor Micallef, Fraser Walters and Clifton Murray divided the 80 eager girls into four groups and each Tenor taught his part of the song to his group. They then came together to sing as one powerful voice.

Cohen classic Halleluiah.

Murray spoke of how inspiring it was to "share the international language of music with girls who have faced their share of hardship." But through education, and a song in their hearts, he said, they are tomorrow's leaders.

Watch the video of the girls singing Hallelujah at metronews.ca





Then there are moments of personal triumph or tragedy that come with unforeseen life lessons. One such moment found me halfway up Mount Kilimanjaro, in Tanzania.

About 2,500 metres into our 5,895-metre Kilimanjaro climb, I felt like I'd been hit by a truck. After four consecutive days of waking with the sun to trek through challenging climates, we'd reached the alpine desert - scorching heat and arctic chill — and Africa's tallest peak had taken its toll. Up to this point I'd been climbing on my hands. My shoulders, elbows and wrists were waging war with my body, begging me to

WE DAY

Time to get schooled: Free the Children's We Day, an annual event to launch a yearlong series of youth actions,

looks at the power of education

ALBERTA 2013

David and Alex were in rough shape. having lost the contents of their stomachs to altitude sickness. Physically, I felt fine. I quess being 2'7" finally paid off.

Spencer West, on the lessons he learned climbing Kilimanjaro without legs.

stop. My best friends, David and Alex, would have to carry me in an apparatus that had been custom-built for the occasion of my defeat. The mountain had won.

Then came summit day. David and Alex were in rough shape, having lost the contents of their stomachs to altitude sickness. Physically, I felt fine. I guess being 2'7" finally paid off.

Mentally, I was struggling with something I'll never forget. For the first time in my life I wished I had legs, not for my sake, but because I wanted to be able to carry my friends like they had carried me.

Evidently, my fairy godmother had the day off. Instead, I did the only thing I could do. I spoke from the heart, expressing words of encouragement the entire way to the top to keep their spirits up and their minds distracted from the gruelling monotony of putting one foot in front of the other.

I became the best damn cheerleader that mountain had ever seen. And I carried them, emotionally speaking.

The lesson? Always exercise in oxygen-rich environments.

No, really, it's this: I didn't fail for being carried; I succeeded when I asked for help, and then I returned the favour.

Nobody achieves anything exceptional on their own. I learned the importance of having others who believe in you.

For 57 million children around the world who are denied access to education, the ability to read, write and receive formal job training are

But those children might also be denied moments of sudden, unexpected inspiration that come from the encouragement of their peers, life lessons they would have learned

from exposure to alternative perspectives, and mentorship opportunities from teachers. An entire ecosystem of support is also lost.

For me, part of being educated means having the confidence to believe in yourself and the humility to ask for help. It's the ability to recognize teachable moments and extract moral lessons.

Education is the implicit knowledge that somebody believes in you, will celebrate your successes and shoulder your mistakes. Education is mentorship; it's the confidence that teachers instil in students so that when students graduate, they no longer need their teachers. Education is sustainability. We are in danger of losing this social capital, and 57 million life lessons.

SPENCER WEST/FOR METRO



"I think it's art. We make dinosaurs out of clay."



"Respect. Because all the children will be

respecting you, too." Crystarbell Okunseyien, Grade 3



learned evervthing.... Gvm....

"Well, I

Basketball!

Kemson Edward, senior kindergarten



"I really like learning math and I think it's really

useful. I think I can apply it to a lot of things."

Beatrice Cameron, Grade 5



"I did lessons on the calendar. (It's

important because) you have to listen.

Mary Pasqualino, junior kindergarten

metronews.ca
Thursday, October 24, 2013

NEWS 17

Learning comes in many forms, whether it's the formal education of schooling or the lessons gleaned from volunteer work. Here are a few stories of how Free the Children is impacting people's educations

Single mom at 12, Rahab Sopiato leaves her charcoal-making days behind for a new career

Rahab Sopiato, 40, gave birth to the first of three children when she was just 12. She bursts out laughing when asked what happened to the father, but makes it clear that he didn't stick around, so she scratched out a living making charcoal.

It was gruelling, hopeless work in the Maasai community of Kajiado, located a three-day walk south of Nairobi in Kenya's Rift Valley.

To make charcoal, Sopiato scavenged branches and chopped

One way to make a living

Sopiato scavenged branches and chopped them

into pieces. Then she covered the pile in leaves

and set it alight, before burying it in dirt.

them into pieces. Then she covered the pile in leaves and set it alight, before burying it in dirt. The heap smouldered. In three days' time, she had charcoal briquettes, enough to fill one sack.

The market was three hours away, so she borrowed

a neighbour's donkey to get there. If she was lucky, she sold the sack for 100 Kenyan shillings, enough to buy corn flour to make a thin porridge for her children. If she wasn't, she returned home with the sack but no food for dinner.

She repeated the process of making charcoal and trudging to the market for three decades. She says she was very thin and sickly; so were her children. She couldn't afford to send her eldest daughter to high school, which in Kenya can cost the equivalent of \$350 Canadian a year.

A high school education in Kenya is thought to be the golden ticket to a better life. She hated that she couldn't provide that.

Then two years ago, Sopiato heard about Me to We Artisans, which paid Mamas like her a fair wage for their beaded handiwork that was designed for a Western market and sold around the world. Me to We Artisans donates half of its profits to Free The Children, and uses the other half to grow the business.

Sopiato makes bracelets, necklaces and earrings. This fall, she focuses on "ABC Education Rafiki Friend Chains." Each one sold buys school supplies for One Child for One Year. Fingers flying, she makes about 40 a day.

With the money she has so far earned, she was able to finally send her eldest daughter to secondary school.

At 29, she just graduated. Sopiato happily talks about what she did with her first few paycheques from Me to We Artisans.

She bought two cows so her family had milk. Then she set up a small shop that sells sugar, soda, flour, rice,

potatoes and sweets.

While she waits for customers, she beads.

And at night, Rahab sits on the comfortable cushioned seats she bought, in her newly painted house, and watches her small TV. After many years of unrelenting hard work, she relaxes. She pats her ample stomach and thick thighs and says the extra pounds she has gained are another tangible sign of her good fortune.

She hopes to never make another charcoal briquette in her life. She also hopes that her children, well educated and well on their way, will support her as she grows old.

SHELLEY PAGE/FREE THE CHILDREN/FOR METRO



Education helps you manifest your destiny, Maasai man teaches suburban teen

It was the summer of 2011, and I was 16 years old when my outlook on life took a turn.

I found myself in Kenya for three weeks with Free the Children, and our mission was simple: Help build a school for the children who lived in the rural region of the Maasai Mara.

Our Maasai guide, whose English name was Steven, caught me alone with my thoughts

as the sun set. What began as an earnest conversation about our respective lives turned into an image I've carried with me ever since.

Steven told me that life is a lottery; a game of chance. The situa-

tion a person is born into is a matter of luck, and destiny has nothing to do

Steven talked about the control we must exert over our lives and that destiny plays no part in the outcome. His dream was to get an education, so he could become more than a cattle herder — the traditional role of a Maasai man. The point: Whether it is rural Kenya or the suburbs of Toronto, an education opens us up to a larger world than the one

And that gives us the power to choose the life we want to lead. My conversation with Steven left me with many thoughts, but one prevailing theme: Although where we find ourselves at birth may be a matter of chance, an education puts us on our life's path.

DEVIN JONES, ME TO WE VOLUNTEER IN KENYA

we were born into.

Gratitude learned through carrying water

It usually happens when I turn on the tap. As the water comes out, so do memories of my three overseas trips with Me to We.

This year was Ghana. I was there to help build a school. It was amazing to watch mothers and women of the Assemkow community continuously walk back and forth with huge pans of water on their heads.

I tried carrying just a small one and it was so difficult. I don't know how they do it so easily, let alone with no hands. To think that the water they are carrying is not even clean really got to me. They go through all this work to have access to dirty water for drinking, bathing and doing laundry, yet back at home I simply turn on the tap and clean water comes rushing out.

It was actually too much water that created a challenge in Assemkow. Free the Children already had two buildings up. The community already had two kindergarten classes, but they were not running because a storm had ripped off the roof of the building, so they had no choice but to shut it down. We helped get that roof up and the school running in

it happen.

I am now more cautious about everything I do and waste as little as possible.

Overall, the trip has inspired me to save water and to be way more grateful with all I have.

no time, but it was mostly

the community that made

MADISON JAMESON, ME TO WE VOLUNTEER IN GHANA





Market Minute



Natural gas: \$3.62 US (+\$0.03) Dow Jones: 15,413,33 (-54,33)







Economy to dictate decision

Interest rates likely to stay low as BoCin wait-and-see mode

The Bank of Canada has pointedly dropped its warning about the potential for higher interest rates, triggering a selloff in Canadian dollars that pushed the loonie almost one cent lower Wednesday and raised speculation that rates could actually fall further.

In a more predictable move, the bank also lowered the anticipated growth path for the economy, shaving the projected pace of expansion for this year as well as in 2014 and 2015.

The central bank, by jettisoning the now familiar tightening bias that it has used since April 2012 to caution consumers about over-borrowing, suggests that it is just as likely to cut the one per cent overnight rate as to raise it in

THE CANADIAN PRESS

Sochi marketing

Olympians to get \$900 smartphones

Athletes who fail to clinch gold at the 2014 Sochi Winter Olympics can take home something else: A \$900 smartphone from Samsung. THE ASSOCIATED PRESS

\$6 for tea??? Starbucks aims to make stodgy drink of British grannies cool

Starbucks is trying to make tea trendy, with plans to open its first "tea bar" in New York City.

The Seattle-based company says Teavana Fine Teas + Teavana Tea Bar will serve sweets and other food including flatbreads, salads and small plates ranging in price from about \$3 to \$15. Drink prices will range from \$3 to \$6, and include novelties such as a Spiced Mandarin Oolong tea and carbonated teas.

The menu of food and freshly made drinks is a switch for Teavana, a chain of about 300 stores that sell boxed and loose tea and accessories. Teavana stores are mainly in shopping



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malls, but Starbucks CEO Howard Schultz said he plans to expand the footprint to include more locations in urban areas. The company plans to add brewed tea and food to more Teavana stores.

The opening of the New York City store on Thursday comes after Starbucks bought Teavana last year. The company has said it plans to use the acquisition to make tea a bigger part of American culture, as it has with coffee.

THE ASSOCIATED PRESS



news experiment work? **Brainchild of eBay** founder. Only time will tell if the wellfunded venture to be





KIERON MONKS

The biggest national security breach in U.S. history was a warm-up for Glenn Greenwald. The activist reporter who published Edward Snowden's revelations is to launch a wellfunded news outlet with a priority to share secrets from the world of surveillance, raising fears that U.S. national security will suffer.

EBay founder Pierre Omidyar has pledged a minimum \$250 million to the "mass media organization" and specifies a focus on "government



Will \$250M renegade

ld, left, and Jeremy Scahill will help lead an ambitious news outlet focused on "government

transparency and accountability." SILVIA IZQUIERDO/THE ASSOCIATED PRESS FILE

transparency and accountability". Along with Greenwald, fellow NSA publisher Laura Poitras will be a founding member, as well Jeremy Scahill the man who exposed the Blackwater scandal in Iraq and CIA torture practices.

Omidyar has been coy on details — the location and launch date have not been announced - but the billionaire is known to support a horizontal model giving more freedom to journalists than traditional media. Greenwald has said this freedom was a major incentive for leaving The Guardian, which redacted many of Snowden's documents for security reasons, although the published reports were still explosive enough to cause the resignations of leading NSA directors

Thousands of the documents remain unpublished.

'I think Omidÿar is missiondriven," Jay Rosen, director of journalism at New York University and close to both Greenwald and Omidyar, told Metro.

"What he gets out of it is the prestige of ... excellent, public-service journalism ... that reveals what would have remained hidden."

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BURPING COWS ARE A GAS, GAS, GAS

In these uncertain times of huge, unprecedented disasters like climate change and the Senate, it's nice to know that there are still stories that fill us with awe, still moments that make us think, "it's not such a bad life, after all."

Which is why, this week, I'd like to talk about burping cows. According to an Oct. 21 story by the Reuters news agency, Argentine scientists have devised a system that can tap directly into a cow's digestive tract and remove up to 300 litres of pure methane per cow per day, "enough energy to keep a refrigerator running for 24 hours."

This story raises all sorts of interesting questions. Like, my fridge can run on intestinal gas? Do I even need the cow?

But before I follow that line of thought to places we can't return from, here's an even bigger question: How come I never get journalism assignments like this? When I was a field reporter, I was always sent to events that had no effect on anybody,



John Mazerolle metronews.ca

like city council meetings.

Yet some lucky Reuters reporter was sent to watch top Argentine agricultural technologists channeling digestive gases from inside a cow through high-tech tubing to a tank on its back.

Ilike to imagine it was just like NASA mission control: When the burps successfully entered the tank, scientists high-fived and whooped while a mission commander removed his headset and heaved a relieved sigh, possibly methane-based.

Though it would have been a fun assignment, it's my duty as a serious journalist to stress that this isn't all fun and gas. As Canadians, we have to be concerned that Argentina now leads the race toward cow-excretion-col-

lection supremacy, probably because the world was so focused on Iran. Argentines: First they get the Pope, then they get the power. Let's not understate the gold mine here: Cows produce what

scientists call a "heap ton" of gas because cows have a lot of stomachs, including the Greater Stomach, the Lesser Stomach, the Secret Stomach behind the bookcase, and the Ultra-Deluxe Stomach (not available on all models, ask dealer for details).

You know how you feel after you've had four burgers and you're lying on the couch and your stomach starts making noises that seem to say, "All non-vital personnel, please clear the area"? Imagine how that would feel if you had multiple stomachs! For one thing, you could win every belching contest from here to Bue-

Even if such dreams never come to pass (get it?), it's clear that belching cows are now another technological advance to consider for countries seeking energy independence. Countries like Canada. Are you pondering what I'm pondering? Given the other big news stories in Canada, I think we can all agree that Canada's next course of action to slow climate change and greatly improve the Senate involves bringing long lengths of tubing to Parliament Hill.

At the very least, our fridges will run well. Give it a sober second thought.

ZOOM

My pet monster



DAMIAN DOVARGANES/THE ASSOCIATED PRESS

A hairy, scary **30-year commitment**

A tarantula peeks out of his webbing filling the entire container in Los Angeles. This is one of the 50 tarantulas nurse Dee Reynolds cares for at her home. Tarantulas are the heaviest, hairiest, scariest spiders on the planet. They have fangs, claws and barbs. They can regrow body parts and be

as big as dinner plates, and the females eat the males after mating. But there are many people who call these creepy critters a pet or a passion and insist their beauty is worth the risk of a bite.

Unlike Fido or Whiskers, you can't cuddle with them, dress them for Halloween or play catch. They can cost hundreds of dollars, but they can also live for 30 years. THE ASSOCIATED PRESS

They grow up so fast ...

The tarantula starts life as a sling - short for spiderling so they can be as small as a fingernail and grow as large as a dinner plate. It eats mostly live crickets, cockroaches and some mice. The spider turns prey into stew by pumping in venom through its fangs. THE ASSOCIATED PRESS

Bites not so bad (usually)

All tarantulas can bite, but owners say it's no worse than a bee sting, unless you are allergic.

 Although there's no documented case of a fatal bite. some have more potent venom than others, and there is no anti-venom, so you treat the symptoms and





It's a familiar problem that likely affects somebody you love: The agony that comes with waiting for your Candy Crush lives

to refill. But don't worry, there's plenty of other free mobile games to save you from doing anything too productive.

Paint It Back:

A game of nonograms, which are grid-based puzzles that label each row and column with numerical clues for which squares must be shaded to reveal a picture. They're also known as Picross to Nintendo DS fans. If none of that makes $sense \,to\,you, just\,know\,that\,it's\,good$ brain-teasing fun and Paint It Back is designed to ease you in gently. (iOS)

Candy Mania:

It wouldn't be unfair to say this game was, um, "inspired" by Candy Crush. But there are enough twists on the gameplay - not to mention

the continual introduction of new mechanics - that it never really feels like you're playing the same game over again. (iOS/Android)

Pocket Mine:

Take control of a miner and start digging, collecting as many precious metals as you can until your pick shatters. Take that cash and upgrade your picks while acquiring upgrades like exploding coal and volatile grenade boxes, all set to a sepia-toned 8-bit soundtrack.(iOS)

Twitter

A U.S. man called the cops after his Jell-O went missing from the work fridge. What's your anti-lunch theft strategy?

I go out of my way to make really disgusting lunches so no one would want to steal them. Almost inedible. Really gross stuff.

@Canucklehead_ca

Tape a note explaining you're constipated and it contains a strong medicinal laxative.

@TradeMarck

Fake Moldy Lunch Bag! @danfwhite



Super hot sauce. The thief is the sweaty person with a really red face. @FrenchmanCanada

Label lunch bag "Poisonous snake specimen". For bonus points, actually put snake in.

@Cazzv

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VE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca



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Tuning up superstardom

Thomas Rhett. He's got a number one hit on the country charts but he doesn't rely on the outside world to tell him when he's made it



JENNIFER LARAWAY Jennifer Laraway edmonton@metronews.ca

Rising country superstar Thomas Rhett is fresh off an Edmonton performance, opening for Jason Aldean. The tour has proven to be well-timed exposure for Rhett, who is releasing his debut album It Goes like This. Rhett hopes the experiences with Aldean is a taste of what's to come.

"This album just got done a month ago, and it feels like I've been working on it for so long," Rhett says in his charming southern twang.

He has his suspicions on why the debut album has been years in the making.

"I thought I had to write every song or I would be a sellout. Then I found out other artists get songs pitched to them or they cover songs. I've found along my career the best song wins, no matter if you have written it or not."

But that doesn't mean Rhett has thrown in the towel on the creative process. In fact, it has been quite the opposite.

"Before I would let the producer do his thing, now I say what I want certain parts to sound like, what guitar to use. I've gotten more involved in everything," he said.

Discovering where to let go a little and where to get more involved has helped Rhett hit his stride. The hard work and



years of dedication are paying off as the country singer hinges on the cusp of country super stardom.

"I'm about to have my number one song, and in some people's minds they might think that means they made it. But I don't need to have world fame to tell my grandkids I made it; I just want to make great music."

For Rhett, one of the telltale signs of a hit song is a feeling he gets. "There are those days where you finish a chorus and you know a song is a smash. On this album, Sorry for Partying and Front Porch Junkies are two of my faves to perform because even if people hadn't heard of us, playing those early on helps break the ice."

Rhett's album It Goes Like This drops in stores across the country on Tuesday Oct. 29. Twitter

Follow Rhett on Twitter @ThomasRhett



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metronews.ca Thursday, October 24, 2013 **SCENE**

Carrie Underwood will play Maria in a live TV production of The Sound of Music on Dec. 5. GETTY IMAG

Why Underwood is over the moon

Flying into fall.

Between hosting the CMAs, performing in a live TV musical and her NFL gig, Carrie is a busy gal

The end of the year looks busy for Carrie Underwood, and she couldn't be happier.

The six-time Grammy winning singer will host the Country Music Association Awards for the sixth time. You can see her every week singing the opening on Sun-day Night Football. And for one night in December, she will star in a live television version of The Sound of

The 30-year-old star told The Associated Press Tuesday night on the red carpet of the TJ Martell Foundation gala, where she was one of the night's honourees, that she's nervous doing something she's never done before. But then she realized, 'None of us have. This is a live show on TV. So this is definitely a challenge for all

She equated the live singing and acting as "going to a Broadway show, but you're in your living room."

The Sound of Music airs Dec. 5 on NBC with Under-

wood playing Maria alongside True Blood vampire Stephen Moyer. He portrays Captain von Trapp. Broadway veterans — and Tony winners – Audra McDonald, Laura Benanti, and Christian Borle round out the cast as Mother Abbess, Elsa and Max, respectively.

While the Nashville-based Underwood is no stranger to performing before millions of people on live television she won the fourth season of American Idol - she felt she needed more preparation, so she showed up in New York three weeks early.

"I wanted to be here and have all my lines memorized and everything and be ready for it. It's been really wonderful," Underwood said.

"Audra and Laura are incredible. Stephen's great. It's nice to be surrounded by that much talent."

Before doing that show, the multi-platinum selling artist returns to her hosting duties on the CMAs. She's also nominated for three awards, including album of the year and song of the year. While she and co-host Brad Paisley have got it down to a science, she doesn't see the experience as old hat.

"You never know what's going to happen with us hosting," Underwood joked, referring to her and Paisley.

Carrie's NHL analysis

Underwood's husband, Mike Fisher, is the Nashville Predator's star centre. As such, Underwood has had to brush up on her hockey knowledge. Here's what she sees for the Nashville season:

"They got off to a little bit of a rocky start, but definitely getting some momentum. I feel like my husband right now. I know what he feels like now. I feel there's some really great, new young talent," she said.

"My hubby, he's been out for the past couple of games with a foot fracture thing. But he'll be back on the ice, ASAP. I hope he does, because that's the only way I get to see him, other than iChat."

She added: "I think being nominated - especially when hosting the CMAs you just never know."

The CMAs take place Nov. 6 in Nashville.

Underwood also spoke of recording the opening number this season for Sunday Night Football on NBC. She claims doing it was a no-

"It's a lot of fun. I grew up watching football. I'm from Oklahoma, it's what we do," she said with a big

THE ASSOCIATED PRESS

Full of surprises

"You never know what's going to happen with us hosting."

Carrie Underwood commenting on her and Brad Paisley hosting the CMAs













Britney Jean is just a stressed out mother

Spread-thin Spears.

With a new album and Las Vegas show, pop singer is juggling mothering and career

Britney Spears may take on a sexy pop star persona in the video for her latest single Work B— , but at home she says she feels like a "crazy mom."

Speaking in London recently, the 31-year-old singer says these days she juggles the demands of an international singing career with taking care of her two sons, Sean, 8, and Jayden, 7.

"Once you've done a shoot ... you have to come in and do homework and fix dinner twice and it's a lot of work," she said. "But I think as women we just manage it, we make it work."

Spears says she worked hard with her fitness trainer to get into top shape for her new video, sticking to two or three small meals each day. The American singer admitted, however, that she struggled to stave off food cravings in the weeks leading up to the video shoot, saying: "I love to eat my popcorn at night!"

And the first thing she ate afterward? "Just chocolate, chocolate, she said.

Work B— is the lead single from Spears' 8th studio album Britney Jean — the name her family calls her — and she says it's her most personal album to date. Produced with will.i.am, Spears co-wrote every track, including a song about her split with Jason Trawick in January.

"I think it will make girls not feel alone in this situation," she explained. "When they're alone in their room and they broke up with their boyfriend, they have a song they can go to and listen to, just makes them feel better about themselves."

Not content with just a new single and a new album, the singer is also preparing for a Las Vegas residency at the Planet

Great time for pop ladies

Spears feels it's a good time for women in pop music right now, citing the success of Rihanna, Lady Gaga, Madonna af Taylor Swift as her inspiration. "There's so many strong, powerful women in pop music culture today," she said.

 Dates. Britney Jean is out Dec. 3 and Britney: Piece of Me debuts in Las Vegas on Dec. 27.

Hollywood Resort and Casino. In a show titled Britney: Piece of Me, Spears will perform 50 dates over two years. The Gramy-winner says she has a vocal coach to strengthen her voice for the show. She described the process as "grueling" — but says she can't wait for the experience. "I know I'll be nervous, but I'm going to be excited, too. It's going to be cool," she said. THE ASSOCIATED PRESS

'ou could



Britney Spears will perform 50 shows over two years at the Planet Hollywood Resort and Casino. THE ASSOCIATED PRESS



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Iron Man's soft spot is a few family secrets

Spoiler alert.

New comic book plot line finds Tony Stark in filial funk

Tony Stark's always been a man of many talents for whom surprise is a rare thing.

But the avenging philanthropic billionaire known for the high-tech armour he wears as Iron Man finds himself felled by not one, but two, family secrets that has him questioning his place in the world and why the reality of his origin was kept from

The big reveal came in the pages of Iron Man No. 17, out yesterday in comic shops, written by Kieron Gillen, illustrated by Carlo Pagulayan and Scott Hanna, lettered by Joe Caramagna and edited by Mark Paniccia.

In it Gillen brought the long-simmering story to its



conclusion with Stark finding out that not only is he again, spoilers — adopted, but that his parents, Howard and Maria, had a son - imbued with alien technology proffered by the rogue android 451 - who has been hidden away from the world, laden with unknown abilities and, perhaps, powers.

Gillen calls it a new challenge for Stark, one that is closer to home and more down to earth than his normal conflicts, which have included villainous masterminds, god-like alien intelligences and mechanical behemoths, among others.

"What could I do to challenge the characters' core conception of their self," Gillen said in an interview of the revelations which find Tony both accepting of them yet still experiencing a swirl of emotion as the facts of his life come out in full view and meeting his brother, Arno, who has been in a hospital his entire life, wanting for nothing, but an enigma regardless.

"When you discover something about yourself, you reprocess. How does it churn in the gut? How do you re-examine your life?" said Gillen. "It's a completely different prism in how you study yourself."

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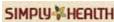
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First line, last line and Mochrie fills in the rest

Colin Mochrie. Whose Line star tries his hand at writing classics ... sort of

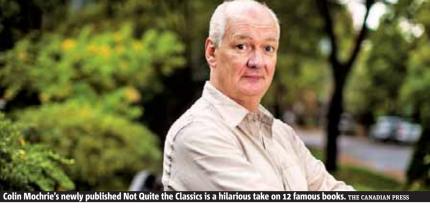
The opening story in the debut book from improv master Colin Mochrie begins with the opening lines of Arthur Conan Doyle's A Study in Scarlet, describing Sherlock Holmes seated at a breakfast table.

What follows is far from elementary, as the famed fictional detective dresses in drag and racks his brain — not in order to solve a crime, but to figure out how to do standup comedy.

In his newly published collection of short stories, Not Quite the Classics (Viking Canada), Mochrie takes the first and last lines from 12 famous novels and re-imagines the middle.

The approach stems from the improv game First Line, Last Line, in which the skit's beginning and ending are supplied by the audience and the performers invent the rest.

"When I was first asked by



my agent to write a book — apparently he does not like me having free time — because I have no experience at writing, I thought I would use my improv experience to help me guide my way through this," Mochrie said in a recent interview.

Using the first and last lines, "I figured ... two per cent of the book is written, so I'm set," he added with a laugh.

The Toronto-based Whose Line Is It Anyway? star said he was a shy child who read a lot, but he never wanted to write a book until his agent suggested

He was convinced to take on the project by actress Debra McGrath, his wife who "does a lot of writing," is "incredibly disciplined" and "incredibly supportive."

"Actually, I think I'm writing

"Actually, I think I'm writing this book because of her, because she's a very positive person. I am less so, much less so," said the typically self-deprecating Scottish native, who was recently named Canadian comedy person of the year at The

Canadian Comedy Awards.

"But she has this thing, and she's actually talked me into doing it: There's a thing in improv called, 'Yes, And,' where you accept people's ideas and then you build on that, so it's always positive. We've kind of talked about, in the last couple of years, saying yes to things that we ordinarily would say no to.

"I've found it leads you to these adventures you never would've taken the chance on, and writing a book was someBeware the colon exams

The story that was perhaps the most demanding, at least physically, was the one inspired by Kurt Vonnegut's Slaughterhouse-Five. Without spoiling the tale, the premise involves "the unluckiest man in history" and a colon exam that goes awry.

thing I never thought about, so I thought, 'Well, I'll use Deb's Yes, And thing and see where it takes me."

The TV actor said he chose the stories according to whether they had first and last lines that inspired him and yet were vague enough.

The first one he tackled was Dr. Seuss's The Cat in the Hat, which he turned into a poem about a zombie invasion.

"It was the first book I read as a child; it was the first book I read to my son, so I know it really well, and it rhymes and it's easy," said Mochrie, who performs with his longtime improv partner Brad Sherwood at the Queen Elizabeth Theatre in

Toronto on Oct. 30.

"So I thought that would be a nice way to ease into it, and it was actually fairly easy to write and pain-free. I thought, 'Oh, this is what the rest of the (project) is going to be like.' I was wrong. Totally wrong. Absolutely, completely, 100 per cent wrong."

Despite the challenges he

Despite the challenges he faced, Mochrie managed to inject the stories with the same charm, humour and zany scenarios he's brought to his improv performances.

There's the one inspired by Herman Melville's Moby Dick, in which a balding actor abuses the powers of a magical toupée to advance his career.

Mochrie, who's been the butt of bald jokes himself, said that's one of the most personal stories. (For the record: He's never worn a toupée.) "Bald jokes don't bother me at this point. It's been my bread and butter, but I always wonder: How come someone can come up and just do a bald joke at me and I can't mention that they're obese or missing an eye or something? I can't, I just can't." THE CANADIAN PRESS





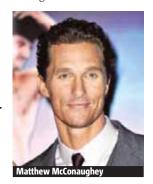
Married McPhee caught kissing married director

American Idol alum Katharine McPhee has been caught locking lips with her former Smash director Michael Morris after an intimate lunch date, according to Life & Style. The only problem? They're both married — McPhee to performer-turned-

producer Nick Cokas and Morris to actress Mary Mc-Cormack. McPhee and Cokas "have been separated for six months," a source says. "Nick continues to co-manage her music." But the status of Morris and McCormack's marriage is unclear.

Forget it girls, there'll be no 50 Shades of McConaughey

A whole lot of actors are being considered to replace Charlie Hunnam as Christian Grey in the Fifty Shades of Grey movie, but don't include Matthew McConaughey on that list. "I've heard of it, yeah. I have not read the book. I don't even know what



the book is about," he tells E! News when pressed on the subject. "I'd be making up an answer if I told you any more."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lohan and posse hit wrong notes in Karaoke bar

Apparently Lindsay Lohan doesn't need booze to get into trouble during a night on the town.
The troubled actress was reportedly "insanely belligerent" after an all-night party in a private karaoke room at a New York City bar, according to the NY

Daily News. While Lohan was overheard insisting she wasn't drinking, her hangers-on drained a bottle of Jameson whiskey and left the room littered with bottles and trash, sources say. Lohan is said to have pleaded with the staff to keep the bar open once closing time hit, and when the staff refused the Mean Girls star reportedly summoned the police and complained that she and her friends had been held captive in the karaoke room. No police report was filed.

Twitte



@MarkDuplass

TWISTER was invented by a couple trying to get their dinner guests to swing with them, right?



@ABFalecbaldwin

The Post is obsessed w my wife's boobs. Get in line



@bobsaget

When someone says something negative to you, turn it into a positive. Tell them you want to sleep with their mother.



Mayer's marriage proposal to girlfriend Perry 'a question of when' not if

Katy Perry and John Mayer are getting so serious that news of an engagement is all but inevitable at this point, according to Us

Weekly.

"Every-

one

knows it's just a question of when John will propose," a source says. Perry and Mayer, who have been dating for more than a year — with a three-month break earlier this year — "realize they must be together," the source adds. "They Skype and text all day. John always checks in

before bed."



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24-karat makeup: SS 14's golden girls

Shimmer and shine.

Pat McGrath's glittering brows at Dior and Dries Van Noten's side partings fashioned with gold leaves have given us gold fever. But for everyday wear simply work in a hint of warm, sparkly hues to get that candlelit glow.

ROMINA MCGUINNESS The show-stopping gold makeup looks spotted on the SS 14 runway were beautiful, but they only work on the runway. You don't want to dazzle your colleagues with all your bling or crack a tooth on the glitter that's landed in your granola.

"Gold makeup is incredibly flattering and works with all skin tones — pretty much everyone can suit a chocolatey bronze. It's like adding sunlight to your face," makeup artist Florrie White, who's worked with the likes of Blake Lively and Rosie Huntington-Whiteley, tells us.

She shows us how to play with the trend:

Highlight Your Face

"A gold highlighter (try the Smashbox Halo Highlighting Wand in Gold or NARS multistick in Malibu) will give you that candle light luminosity. Focus on the inner corner of the eyes (to open them up and take away tiredness) and on the temples. Dab some right down to the apple of your cheek so that when you move you get a fuzzy glow around you. Highlight the bridge of the nose for an extra spot of light and your cupid bow to create a fuller top lip."

Warm Your Eyes

"Go for a blown out, goldbronze smoky eye by using a chocolate gold liner under the eye (try Charlotte Tilbury's eye powder pencil in Sophia). Really bring out the lash line by blending it down. Next, take a gold eye shadow, such as L'Oreal Color Infallible in Goldmine, and wash it all over the lid. Really blend it out so that you get a warm glow behind the lashes. Enhance the look by adding a little bit of a darker eye shadow (such as Color Infallible in Sahara) in the eye sockets.

As for the rest...

- Frame the eyes by slightly grooming and filling in your eyebrows.
- Apply a glittery beige-nude on your lips. Besame Cosmetic's lipstick in Champagne works well
- Make sure your mascara is combed through and that you don't get powder or cream stuck on the lashes, as this will take away from your lash line.
- Add some gold flecks to your face with NARS's Orgasm Blush.

And for a little extra sparkle we loved:



NARS Eye paint in Iskandar narscosmetics.com Topshop Glitter eyes in Sprinkles topshop.com



Besame Cosmetic

Lipstick in Champagne besamecosmetics.com



Charlotte Tilbury

Eye powder pencil in Sophia charlottetilbury.com



CT LEXI

Barry M

Glitter nail paint in Gold Majesty barrym.com

metronews.ca Thursday, October 24, 2013 **STYLE**

et: Get Marlon Brando's classic biker look, contributed

Buying a leather jacket is like a rite of passage for men. Whether you're a grungy teen, hipster twentysomething or, God forbid, a middle-aged man on the brink of a breakdown, you will hanker after your own piece of primal cowhide. Motorcycle jackets signal

full throttle raw masculinity, with every male icon from Marlon Brando and Steve McQueen to David Beckham (now, the new face of British heritage label Belstaff) zipped up in the trend. Now, it's time for the everyman to put his biker style pedal to the metal.

Get revved up for fall with a moto_jacket

Men are going all Hells Angels for autumn. Metro rounds up the best of the biker jackets.

RICHARD PECKETT



Saint Laurent

Classic biker jacket, \$5,036, farfetch.com





Cassidy leather sleeve biker jacket, \$1,240,



Plus-size shoppers outweigh fashion options



When it comes to women's clothing sizes, there's some funny math going on.

The average American woman is about 25 pounds heavier than she was in 1960. Yet women's plus-size clothg, generally defined as size 14 and up, still makes up only

about nine per cent of the \$190 billion spent annually on clothes.

What's wrong with this equation? It's not that plus-size women aren't into fashion. Rather, the fashion industry doesn't seem interested in

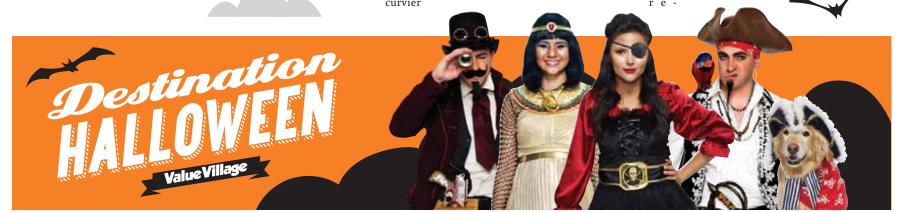
The fashion industry has long spent more time, money marketing on clothing for taut bodies than for ones because it's easier and more profitable to do so. But retail analysts and plus-size women say there's something else at play: Stereotypes about larger women not wanting to dress fashionably keep companies from making clothes that are flattering to them. And in turn, that discourages them from spending more.

'There is still an interesting stigma attached to plus-size fashion and the woman who wears it," says Marie Denee, who wears a size 16 and studies the industry via her website TheCurvyFashionista.com. "Many think, 'Oh, she doesn't want to draw attention, live life, date, be confident, wear fitted clothes with bold colours and patterns,' when the exact opposite is true."

Carmen Barrington, 32, says that attitude has

sulted in fewer plus-size options. Barrington, who wears around a size 22, lamented recently after a day of shopping at Forever 21, Lane Bryant and other stores that she sometimes can't even find decent plus-size clothing at retailers that specialize in it.

THE ASSOCIATED PRESS















Have your jack-o'-lantern and eat it too — in a creamy Pumpkin Soup



ROSE REISMAN

This fall, enjoy the abundance of pumpkins that are virtually found everywhere!

Pumpkins are rich in carotenoids, recognized to keep your immune system healthy and strong.

If you would like to try using fresh pumpkin instead of canned, just roast a small pumpkin at 400 F until tender, about 45 minutes. Cut open, scrape away seeds and scoop out pulp and mash.

1. In saucepan sprayed with cooking spray, heat oil over medium-high heat; cook onions, carrots, garlic and ginger for 10 minutes, stirring frequently, or until onions are softened and browned. Stir in stock, pumpkin, cinnamon, ginger, nutmeg and hot sauce. Bring to a boil. Reduce heat to

- 2 tsp vegetable oil
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped carrots
- 1 1/2 tsp minced garlic
- 1 tsp minced ginger
- 3 cups chicken or vegetable
- 1-1/2 cups canned pumpkin
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/8 tsp nutmeg
- 1 tsp hot sauce
- 1 cup light coconut milk
- 1-1/2 tbsp honey Garnish
- 1/4 cup low fat sour cream

low, cover, and cook for 30 minutes or until carrot is tender.

2. In batches, purée soup in a blender. Return soup to saucepan. Stir in coconut milk and honey. Gently reheat.

3. Divide among soup bowls.



4. Garnish: Place sour cream in a small plastic baggie. Snip off the end corner of the bag.

Carefully draw approximately 3 to 4 circles on top of the soup as in photo. Use a toothpick to

drag lines from the centre out toward the edges to create a web design.

For your phone

Foodie Halloween Treats (iPad/ iPhone: free)



MIND THE APP @RealKrisAhel

There's spooky treats for all in this fun collection of 40 Foodie Halloween recipes spanning drinks, cakes, cookies and candies. Enjoy chocolate frogs, spiceroasted pumpkin seeds, and caramel apple cider



Muffins made of sugar and spice and everything fall

Fall brings chilly weather, colourful leaves and delicious pumpkins. What better way to enjoy pumpkin than in a

- 1 1/4 cups (300 ml) all-purpose
- 1 1/2 tsp (7 ml) baking powder • 1/2 tsp (2 ml) each, ground
- cinnamon and cloves • 1/4 tsp (1 ml) each, ground
- nutmeg, ginger and all-spice • 1/4 tsp (1 ml) each, baking soda and salt
- 2 tbsp (30 ml) butter, softened • 1/2 cup (125 ml) granulated
- 2 tbsp (30 ml) packed brown sugar
- 1 egg, room temperature • 1/2 cup (125 ml) buttermilk
- 1/2 cup (125 ml) pumpkin
- 2 tbsp (30 ml) vegetable oil Cream Cheese Frosting
- 4 oz (125 g) Canadian cream cheese, softened
- 2 tbsp (30 ml) butter, softened
- 1 1/2 cups (375 ml) icing sugar • 1/2 tsp ground cinnamon
- 1/2 tsp vanilla



Spiced Pumpkin Muffin with creamy cheese frosting and a hint of spice?

- 1. Preheat oven to 375 F (190 C). Butter a 6-cup nonstick muffin pan.
- 2. In a small bowl, sift together flour, baking powder, cinnamon, cloves, nutmeg, ginger, allspice, baking soda and salt: set aside.
- 3. In a large bowl, with an electric mixer, beat butter, granulated sugar and brown sugar, until light and fluffy. Beat in egg, until incorporated. Stir in buttermilk, pumpkin purée and oil. Stir in flour mixture; mixing until just incorporated.
- **4.** Spoon into prepared pan. Bake for about 25 minutes or until tops spring back when

lightly pressed. Let cool in pan for 5 minutes. Transfer to rack to cool completely.

5. Cream Cheese Frosting: In a medium bowl, with an electric mixer, beat cream cheese and butter until smooth. Add sugar gradually, beating well after each addition. Add cinnamon and vanilla; beat until fluffy. Frost cooled muffins. DAIRY FAMERS OF CANADA



- 1. In bowl, stir yeast, flour, salt and pumpkin pie spice. Stir in water, pumpkin and egg until a thick, smooth batter forms. Cover with plastic wrap and allow to rest for 45 minutes.
- **2.** In saucepan over medium heat, combine the honey, sugar, lemon juice and cinnamon. Bring to a boil and stir well. Remove from the heat.
- 3. In a large, deep skillet over medium-high, heat 1 inch of oil
- 4. Working in batches, carefully drop the batter by the tablespoonful into the hot oil. A cookie scoop makes this easier.
- **5.** Turning occasionally, fry doughnuts until deep golden brown all over and cooked

through, about 5 minutes. Use a slotted spoon to transfer the fried doughnuts to a large bowl. Drizzle the honey syrup over the doughnuts and toss to coat. Repeat with remaining doughnuts. Serve. THE ASSOCIATED PRESS

- 2 tsp instant veast
- 3 cups all-purpose flour
- 1/2 tsp salt
- 2 tsp pumpkin pie spice • 1/2 cup warm water
- 15-oz can pumpkin purée
- (not pumpkin pie filling)
- 1 egg
- 1/3 cup honey
- 2 tbsp sugar
- 2 tbsp lemon juice
- 1 tsp cinnamon
- Vegetable oil, for frying

Upping the comfort quotient

Homebody hedonism.

As cooler weather closes in, creating a quiet nook all for yourself provides some at-home escapism



DESIGN CENTRE Karl Lohnes home@metronews.ca

Whether on a quiet Saturday morning or early mid-week evening, we all have times when we crave some space to ourselves — and many of us have a special nook in our home that allows us to get away.

For some, that space is found in the corner of a comfy sofa or by lying in bed to read. For others, it's get-

ting away from roommates and family by socializing on the computer.

Creating a quiet spot all your own doesn't take up much space; it's about surrounding yourself with comforts you enjoy.

A favourite chair can be styled with a back-support pillow, decorative throw or a small side table.

In the bedroom, add some support pillows for reading, and a laptop or portable television for watching movies. Grab a pair of earphones so you can selfishly listen to your own movie or music, thereby helping to create a world all your own.

At your desk, make sure you have a spot for your favourite coffee cup, a relaxing scented candle and some family or vacation photos to offer up visual breaks from the computer screen.

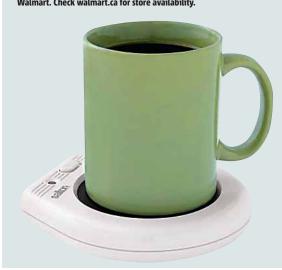
Great comfort and support for studying, reading or while watching television in bed. Microsuede Backrest, \$25, bedbathandbeyond.ca.





From office to bedroom to living room, an extra side table can be used to hold a book, coffee or decorative candles. Lawson Side Table, \$174, homesav.com.

Keep your favourite cup of java warm while reading in bed, soaking in the bath or socializing online. Place one in every comfort nook around your house. Salton Mug Warmer, \$10, Walmart. Check walmart.ca for store availability.





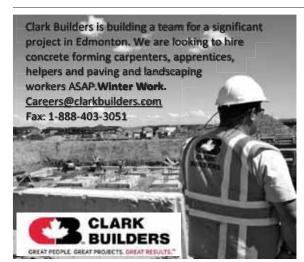
Stylish, sleek and reminiscent of a first-class lounge seat, this chair won't get in anyone's way. Benson Motion Recliner, \$1,800, urbanbarn.com.



This anywhere lamp casts the perfect spotlight for reading in bed, the office or the living room. Graham Table Lamp, \$322, crateandbarrel.com.

Place your singleserve brewer close at hand, and you can have Tim Hortons coffee without even getting up from the lounger. Tim Hortons Single Serve Coffee Cups, \$9 per pack of 14, timhortons.ca.







Hawks Ridge

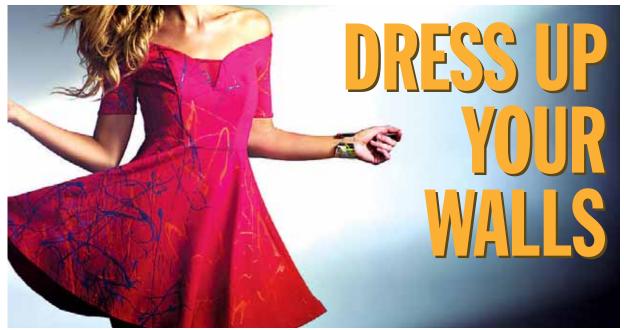
Home, naturally.

www.HawksRidge.ca or facebook/HawksRidgeEdmonton

Front Garage Homes from the \$399's Semi-detached Homes from the \$305's

ALL PHOTOS TAKEN ON LOCATION





CONTRIBUTED

CREATE ORIGINAL PAINT COMBINATIONS FOR YOUR HOME DECOR

What will your walls be wearing this fall? Leading Canadian paint brand DULUX® paint is making it easier than ever to bring one of the hottest trends in fashion into your home decor with the launch of a unique colour campaign.

As a way to showcase its fall 2013 palette, Dulux paint has taken the latest splatter paint fashion fad to a new dimension. By visiting the Dulux brand Facebook page (facebook.com/duluxcanada), Canadians can mix and match this

season's top paint picks through a unique app that allows users to splatter colours on an online canvas and enjoy their one-of-a-kind creations on their own custom-designed T-shirt.

Called the "Dulux Collection" cam-

paign, anyone can experiment with colour and create original paint combinations that they can not only wear, but also add flair to their home decor.

"Splatter painting is all about the dynamic play of colour and movement and a lot of inspiration can be drawn from the way colours interact with each other," said Martin Tustin-Fuchs, brand manager for Dulux paint. "This is particularly helpful in choosing colours for the home, from finding colours that work well together, to playing with the proportions of colours in a room."

Popular Dulux paint fall colours include rusty reds, royal blues, warm browns, deep greens and pastel blues and mauves, such as Dulux paint's Cranberry Zing red, Sail Away blue, Antique Photograph brown, Swiss Pine green and Viola mauve.

Tustin-Fuchs recommends choosing one of this season's hot colours for the main walls of a room, highlighting one wall in a different accent colour, and using one or two other colours of the palette in accessories — from furniture and pillows to rugs and art.

The Dulux Collection campaign runs until Dec. 15. Each custom-designed T-shirt is free with the purchase of a Dulux Club membership. For more, visit dulux.ca.

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OPPORTUNITY KNOCKS IN SASKATCHEWAN

Saskatchewan has quickly become the envy of the country and real estate developers have taken notice.

The beautiful Prairie province boasts economic growth and future potential that is a wealth of opportunity for the real estate sector, says Jaimey Midtdal, spokesperson for the Red Door Venture Group.

The Regina-based real estate marketing company is building a foundation of some of the best valued homes in the country through the province's solid economic foundations.

"The boom in immigration and increased job opportunities are making Saskatchewan one of the best places in Canada to buy a home and it's growth we're proud to be a part of," Midtdal says.

The company has partnered with leading local developers to deliver high-quality developments across the province while utilizing the bountiful undeveloped land in Saskatchewan.

"The real estate market is open for new and innovative real estate opportunities for developers and for buyers because the province's solid economic foundation has allowed unprecedented growth in Saskatchewan. Now the real estate market is following suit."

Red Door Venture Group works with local developers from the land acquisition stage through to the concept design and sales producing leading developments for clients.

To schedule a complementary consultation or learn more about the company, visit RedDoorVentureGroup.ca.

AT THE CENTRE OF IT ALL IN RUTHERFORD

Neighbourhood is everything when you are buying a new home. That's what puts Crossroads of Rutherford, a new development in Edmonton's Rutherford neighbourhood, head and shoulders above the rest, says Nicholas Carels, sales and marketing manager and project manager for Crossroads at Rutherford.

"The neighbourhood here is already established, so buyers can move into a full-fledged community, not a construction site," Carels says.

Homebuyers will begin moving in to their homes in a just a few months.

Residents will enjoy easy access to nearby shopping, schools, parks, medical facilities and public transit.

The apartment condos range from 630 square feet to 1,400 square feet, with generous bedrooms and large walk-in closets, as well as expansive balconies. Every home comes with a six-piece appliance package, and heated underground parking is included with most homes. With 14

Suite #110E - 2201 11th Ave Regina, Saskatchewan

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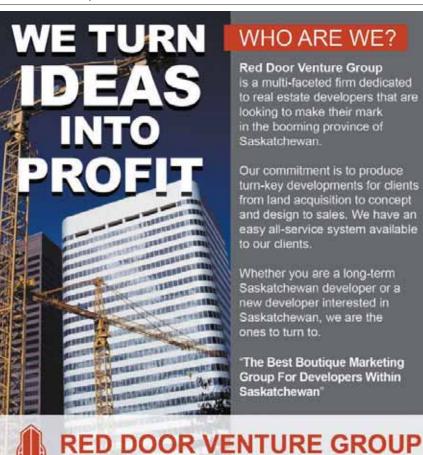
unique floor plans and prices starting in the \$150,000s there is a home for most budgets and lifestyles.

If buyers are looking for a larger option, four new townhome plans have a lot to offer. Each of the townhomes features an oversized double garage, upgraded finishes and layouts that utilize current design trends.

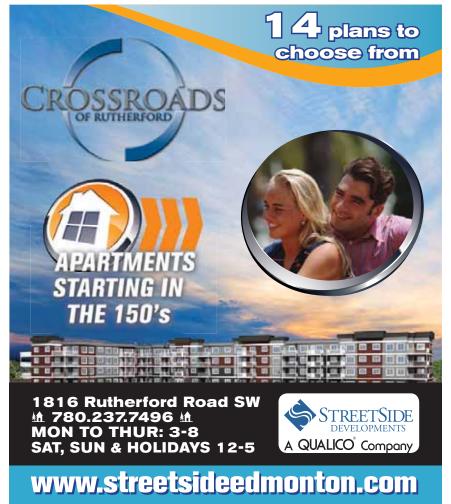
To explore your options at the Cross-roads of Rutherford, please visit streetsideedmonton.com.



PHOVOIR/COLOURBOX



www.RedDoorVentureGroup.ca



MELLOW YELLOW

HOTTEST COLOUR FOR NEXT YEAR

They may call it mellow yellow, but it will liven up homes in 2014. That's because mellow yellow is the hottest colour for 2014, expected to take the spotlight in all areas of interior décor, says leading Canadian paint brand CIL® paint.

"Next year's stand out colour can best be described as a butter cream yellow, a warm pastel shade that has a fullness to it, but is still light enough to act as a neutral," says Alison Goldman, brand manager for CIL paint, a brand of PPG Architectural Coatings, announcing Creamy as the brand's 2014 colour of the year.

"It's a soft, buttery colour that emits a feeling of calm, tranquility and renewal," Goldman says, explaining that people



today continue to look for new directions to retreat from our busy, connected lives, and mellow yellow creates a stable environment in which to pause and refresh.

Because creamy yellow is so versatile, it is easily incorporated into any décor, Goldman explained. She offers these suggestions on how to bring next year's hottest colour into your home.

ROOM TO GROW

Besides calming our minds, butter cream yellows are said to positively impact our overall well-being. Reminiscent of flowers, the sun and summer, they make us happy and optimistic, and infuse us with a sense of quiet strength and order. Warm yellows are, therefore, a good choice for any room, highlighted both on



CONTRIBUTED PHOTO

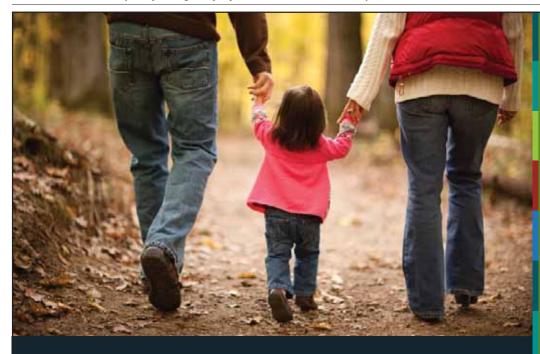
the walls and through accessories like pillows, throw rugs and décor items.

MAKE A MATCH

Since warm yellow is an adaptable, soft hue, it works extremely well when paired with other colours. Good combinations include brights of a similar saturation level as well as citrus colours, blues, purples and greens.

STAY NEUTRAL

Being a warm neutral, creamy yellow also works well with other warm neutrals, such as taupes, soft browns and light greys. In fact, Goldman says that warm neutrals from all colour families top the colour chart for 2014.



Family firsts at Allard!



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CONTRIBUTED PHOTOS

FOSTERING FAMILY LIVING

AT EDGEMONT SINGLE FAMILY

Edmonton is a growing city, particularly for young families, and developers are responding to that need more than ever before, providing lots of space at an affordable price, says Charlene Barrett, marketing manager of Brookfield Homes.

Brookfield is offering three spacious detached home models in west Edmonton in the community of Edgemont. This emerging community can be found just south of the Hamptons.

Residents will find their new homes close to schools, shopping, trails and green spaces. Located just off of Anthony Henday Drive, Edgemont Single Family has easy access to anywhere in the city residents want to go.

"Our single-family homes at Edgemont are the perfect opportunity for Edmonton homebuyers to get full, detached homes in a beautiful community at an affordable price," Barrett says.

All three home models at Edgemont Single Family start in the \$300.000s.

The Pria home model is a perfect starter home for a couple or young family. Starting at 1,279 square feet and up to 1,379 square feet, this two-floor detached home has lots of space in which to grow. Pria is an affordable home for first-time homebuyers or for downsizers, Barrett says.

One size up is the Brighton, ranging from 1,540 to 1,622 square feet. This home has three bedrooms, main floor laundry, and a large kitchen island. The functional layout offers convenience and is perfect for entertaining the family over the holidays.

Bellevue, the largest home at Edgemont Single Family, is a two-floor detached home with 1,514 to 1,682 square feet. With its elegant curved staircase, nine-foot ceilings in the great room, and raised kitchen and dining area, Bellevue brings class and polish at great value.

All of these homes are suited for families looking for a little more space, while keeping the sense of style and polish homebuyers will enjoy.

Stainless steel appliances, granite countertops and contemporary fixtures are just a few of the features that make these homes beautiful, Barrett says.

For more, visit buildwithbrookfield.com.







Red Sox designated hitter David Ortiz is greeted by teammates Mike Napoli, left, Jacoby Ellsbury and Dustin Pedroia after scoring behind Cardinals catcher Yadier Molina on Wednesday night. The Red Sox won Game 1 of the World Series 8-1. ROB CARR/GETTY IMAGES

Red Sox leave Cards red-faced in open

World Series. St. Louis' defensive miscues and favourable calls from umps give Boston early edge in Fall Classic

Given a bit of help by the umpires and a lot more by the Cardinals, the Boston Red Sox turned this World Series opener into a laugher.

Mike Napoli hit a threerun double right after the umps reversed a blown call,

Jon Lester made an early lead stand up and the Red Sox romped past sloppy St. Louis 8-1 Wednesday night for their ninth straight Series win.

David Ortiz was robbed of

- a catch that sent the star right fielder to a hospital with bruised ribs — but Big Papi later hit a two-run homer following third baseman David Freese's bad throw.

The Red Sox also capitalized on two errors by shortstop Pete Kozma to extend a Series-winning streak that began when they swept St. Louis in 2004. Boston never trailed at any point in those four games and, thanks to this embarrassing display by the Cardinals, coasted on a rollicking night at Fenway

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It got so bad for St. Louis that the sellout crowd literally laughed when pitcher Adam Wainwright and catcher Yadier Molina, who've combined to win six Gold Gloves, let an easy popup drop untouched between them.

The normally slick-fielding Cardinals looked sloppy at every turn: Wainwright bounced a pickoff throw, Molina let a pitch skitter off his mitt, centre-fielder Shane Robinson bobbled the carom on Napoli's double and there was a wild pitch.

THE ASSOCIATED PRESS

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Simon Whitfield

Olympic gold medallist retires

Canadian Olympic gold medallist Simon Whitfield announced his retirement



from competitive triathlon early Wednesďay, becoming a consultant in sports entertainment.

Whitfield, from Kingston,

Ont., won gold at the 2000 Sydney Olympics and silver at the 2008 Beijing Games. THE CANADIAN PRESS

NHL

Stars' Garbutt gone 5 games for hit on Penner

The NHL has suspended Dallas Stars forward Ryan Garbutt five games for charging Anaheim forward Dustin Penner in the first period of Anaheim's 6-3 home win over Dallas on Sunday.

THE ASSOCIATED PRESS

NFL

Manning sits out **Broncos** practice

A tender ankle kept Peyton Manning out of practice Wednesday when the Denver Broncos began preparations for the Washington Redskins.

Manning said he'll be back Thursday, however.

This was the first time Manning has missed a practice in Denver.

THE ASSOCIATED PRESS

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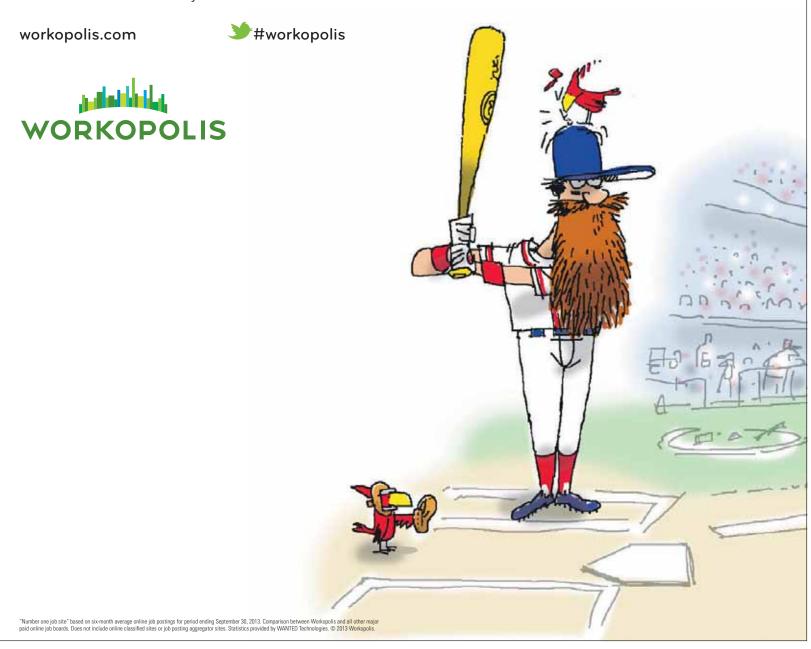






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Arcobello's story arc a rarity in Edmonton



THE HOCKEY NEWS

Just the other day I was having a conversation with a fellow reporter about college free agents and their knack for busting. Now, I'm not talking about technicalities like Justin Schultz, who was drafted but decided not to sign with Anaheim once he left school. I'm talking about the Matt Gilroys, the Casey Wellmans, the Christian Hansons of the world.

Part of the problem is these "must-have" players get chased by so many teams that the hype is overwhelming. There are exceptions, of course. Tyler Bozak has found his niche in Toronto, while Danny DeKeyser looks good in Detroit.

And then there's Mark Arcobello. You know, the guy currently tied for the scoring

Jeff Petry against the Maple Leafs in Toronto on Oct. 12. ABELIMAGES/GETTY IMAG

lead in Edmonton alongside 2008 first-rounder Jordan Eberle. Arcobello played four years at Yale with little hype and spent time in the ECHL before signing a minor-league contract with Oklahoma City.

But the Connecticut native was given time to develop and now he's proving what he can do. Not only is Arcobello displaying excellent playmaking skills so far, but he's also winning nearly 54 per cent of his faceoffs, a key stat in this puck-possession era.

We know the Oilers have a raft of great young talent,

but the downfall has been the ability to shepherd through players that weren't selected first overall. True, the Oilers got David Perron in a trade for 2009's first pick, Magnus Paajarvi (10th overall), but that's not really the plan A when you take a kid who had so much promise.

Tyler Pitlick is getting a shot at the majors; he was the first pick in the second round back in 2010 when Taylor Hall was the grand prize, but the depth isn't showing yet and that's not helping the Oilers get back into the playoff picture. Oscar Klefbom has gone through injury woes, while Martin Marincin has shown promise but isn't quite there yet.

With Ryan Jones brought back for another tour of duty, it's clear Edmonton saw the need for an augmentation to the lineup. Arcobello has been a beacon, but he can't be the only find in the system.

NHL

Oilers make Habs' Eller eat his 'poor choice of words'

Montreal Canadiens forward Lars Eller admitted he used a "poor choice of words" when he characterized the Edmonton Oilers as a junior team.

Eller spoke to reporters at Montreal's practice facility Wednesday a day after the Canadiens were beaten 4-3 at home by the Oilers.

Oilers coach Dallas Eakins thanked Eller after the game for motivating his players, saying he used excerpts from an interview where Eller said Edmonton sometimes "played like a junior team" that was "all over the place.'

'When you have a player like Lars Eller running his mouth before the game, it makes for great banter in our dressing room and great motivation," Eakins said after Tuesday's game. "That is a total hockey god thing. I'm sure that young man has learned his lesson, and I highly doubt you'll see anything like that out



target with his comments about the Oilers playing like a 'junior team' before Tuesday's game.

of his mouth again."

While Eller regretted the comment, he said it was taken out of context from a longer piece in which he also said some positive things about Edmonton.

Asked what he thought of Eakins' comments, Eller said he hadn't heard them.

"It wasn't my intention to be disrespectful against him or anybody else," he added. "You win some, you lose some, you learn from it." THE CANADIAN PRESS

NHL

Laraque ready to rock'em, sock'em?

With his political career on hold while he fights fraud charges, Georges Laraque is expressing a willingness to return to his previous vocation: hockey pugilist.

The ex-NHL enforcer says he's just the guy to add some muscle to the Montreal Canadiens bench.

Laraque, who has vowed to fight the fraud charges against him, says he's perfectly healthy and would be a good fit for the Habs. THE CANADIAN PRESS

NHL

Young standout Monahan staying with Flames

Sean Monahan will remain with the Calgary Flames this season instead of being returned to his junior club.

"We feel good about the decision we've made," general manager Jay Feaster said in making the announcement. "We believe his development is best served with us.

THE CANADIAN PRESS

NHL. Spezza spurs Sens past former captain Alfredsson's Red Wings

Jason Spezza has Daniel Alfredsson's old job, and for one night he stole his spot-

Alfredsson was playing his first game against his former team as a member of the Detroit Red Wings, but Ottawa's new captain spoiled the reunion with two goals in a 6-1 Senators victory Wednesday night at Joe Louis Arena.

Spezza, who was tasked with following Alfredsson's 14 seasons of wearing the "C," scored on the power play in the first period and then at even-strength in the second. Defencemen Eric Gryba and Cowan and

Bobby Ryan - acquired on the same day Alfredsson signed in Detroit — scored the Senators' other goals.

Red Wings goalie Jimmy Howard was chased after the Senators (4-3-2) scored three goals on eight shots. Two of them came on the power play and one went through Detroit defenceman Brian Lashoff's legs, but Jonas Gustavsson still got the call.

Gustavsson slowed Ottawa but couldn't prevent a third-straight loss for the Red Wings (6-4-1), whose only goal came from Todd

THE ASSOCIATED PRESS



Jason Spezza celebrates his second goal of the game on Wednesday night in Detroit. GREGORY SHAMUS/GETTY IMAGES

NHL EASTERN CONFERENCE

ATLANTIC DIVISION GD W I OI GE GA DI

	UF	vv	_	UL	GI.	UM	г
Toronto	10	7	3	0	34	24	1
Detroit	11	6	4	1	25	30	1
Boston	8	6	2	0	25	12	1
Tampa Bay	8	5	3	0	26	21	1
Montreal	9	5	4	0	29	19	1
Ottawa	9	4	3	2	27	25	1
Florida	10	3	6	1	22	35	
Buffalo	11	1	9	1	15	33	

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	P
Pittsburgh	9	7	2	0	31	20	1
Carolina	9	4	2	3	22	26	1
NY Islanders	9	3	3	3	29	28	
Columbus	9	4	5	0	23	23	
Washington	9	4	5	0	26	29	
New Jersey	9	1	5	3	18	30	
NY Rangers	7	2	5	0	11	29	
Philadelphia	8	1	7	0	11	24	

Wednesday's results Ottawa 6 Detroit 1 Boston 5 Buffalo 2 Tuesday's results

Toronto 4 Anaheim 2 Vancouver 5 NY Islanders 4 (OT) Columbus 4 New Jersey 1 Chicago 3 Florida 2 (SO) Edmonton 4 Montreal 3 Washington 5 Winnipeg 4 (SO) Minnesota 2 Nashville 0

Phoenix 4 Calgary 2 Thursday's games All Times Eastern

San Jose at Boston, 7 p.m. Vancouver at New Jersey, 7 p.m

MLB PLAYOFFS

ST. LOUIS VS. BOSTON

Wednesday's result

St. Louis at Boston 8:07 p.m.

CENTRAL DIVISION

	GP	W	L	OL	GF	GΑ	Pt
Colorado	9	8	1	0	28	12	16
Chicago	9	6	1	2	26	21	14
St. Louis	7	5	1	1	27	19	11
Nashville	10	5	4	1	19	24	11
Minnesota	10	4	3	3	21	22	11
Winnipeg	10	4	5	1	26	30	9
Dallas	8	3	5	0	20	28	6

	GP	W	L	OL	GF	GA	P
San Jose	9	8	0	1	40	16	17
Anaheim	9	7	2	0	32	23	14
Phoenix	10	6	2	2	31	28	14
Vancouver	11	6	4	1	32	33	13
Los Angeles	10	6	4	0	26	25	12
Calgary	9	4	3	2	28	32	10
Edmonton	10	3	6	1	30	39	7
Note: Two poin	nts for	a w	in,	one	poin	t for	

NY Rangers at Philadelphia, 7 p.m

NY Islanders at Pittsburgh, 7 p.m. Anaheim at Ottawa, 7:30 p.m. Buffalo at Florida, 7:30 p.m. Vancouver at St. Louis, 8 p.m. Carolina at Colorado, 9 p.m.

WORLD SERIES

(Rest-of-7 series: x — if necessary)

Thursday's game - All times Eastern

WESTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
Colorado	9	8	1	0	28	12	16
Chicago	9	6	1	2	26	21	14
St. Louis	7	5	1	1	27	19	11
Nashville	10	5	4	1	19	24	11
Minnesota	10	4	3	3	21	22	11
Winnipeg	10	4	5	1	26	30	9
Dallas	8	3	5	0	20	28	6

PACIFIC DIVISION

	GP	W	L	0L	GF	GΑ	Pt
San Jose	9	8	0	1	40	16	17
Anaheim	9	7	2	0	32	23	14
Phoenix	10	6	2	2	31	28	14
Vancouver	11	6	4	1	32	33	13
Los Angeles	10	6	4	0	26	25	12
Calgary	9	4	3	2	28	32	10
Edmonton	10	3	6	1	30	39	7
Note: Two point	s for	a w	in,	one	poin	t for	
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Anaheim at Montreal, 7:30 p.m. Chicago at Tampa Bay, 7:30 p.m. Carolina at Minnesota, 8 p.m. Winnipeg at Nashville, 8 p.m. Calgary at Dallas, 8:30 p.m. Washington at Edmonton, 9:30 p.m. Phoenix at Los Angeles, 10:30 p.m.

Friday's games
Toronto at Columbus, 7 p.m.

(Boston leads series 1-0)

Saturday's game Boston at St. Louis 8:07 p.m.

Sunday's game Boston at St. Louis 8:15 p.m. Monday, Oct. 28 x-Boston at St. Louis 8:07 p.m. Wednesday, Oct. 30

x-St. Louis at Boston 8:07 p.m. Thursday, Oct. 31 x-St. Louis at Boston 8:07 p.m.

CFL WEEK 17

ISION	4					
GP	W	L	Т	PF	PA	Pt
16	10	6	0	451	414	20
16	8	8	0	389	437	16
16	7	9	0	412	424	14
16	3	13	0	333	512	6
	GP 16 16 16	16 10 16 8 16 7	GP W L 16 10 6 16 8 8 16 7 9	GP W L T 16 10 6 0 16 8 8 0 16 7 9 0	GP W L T PF 16 10 6 0 451 16 8 8 0 389 16 7 9 0 412	GP W L T PF PA 16 10 6 0 451 414 16 8 8 0 389 437 16 7 9 0 412 424

WEST DIV	ISIO	N					
	GP	W	L	Т	PF	PA	I
x-Calgary	16	13	3	0	513	362	2
x-Saskatchewa	n 16	11	5	0	468	339	2
x-B.C.	16	9	7	0	435	425	1
Edmonton	16	3	13	0	362	450	
Sunday's res	ult						
Montreal 36	Ham	iltor	۱5				
Thursday's g	ame	— A	II Tir	mes	Easte	rn	
Winnipeg at	Toro	nto,	7:30	p.m	١.		
/				-			

Friday's game Edmonton at B.C., 10 p.m.

Saturday's games
Montreal at Hamilton, 1 p.m.
Saskatchewan at Calgary, 7 p.m.

WEEK 8

Thursday's game — All times Eastern Carolina at Tampa Bay, 8:25 p.m.

Sunday's games
San Francisco at Jacksonville, 1 p.m.
Buffalo at New Orleans, 1 p.m.
Cleveland at Kansas City, 1 p.m. Dallas at Detroit, 1 p.m. Miami at New England, 1 p.m. N.Y. Giants at Philadelphia, 1 p.m. Pittsburgh at Oakland, 4:05 p.m. N.Y. Jets at Cincinnati, 4:05 p.m. Washington at Denver, 4:25 p.m. Atlanta at Arizona, 4:25 p.m. Green Bay at Minnesota, 8:30 p.m. Monday's game Seattle at St. Louis, 8:40 p.m.

Wednesday's result Salt Lake 2 Chivas USA 1

Salt Lake 2 Chivas USA 1 Saturday's games Kansas City at Philadelphia, 3 p.m. Montreal at Toronto, 4 p.m. Portland at Chivas USA, 10:30 p.m. Sunday's games Houston at D.C., 1:30 p.m.

New England at Columbus, 4 p.m. Chicago at New York, 5 p.m. Colorado at Vancouver, 8 p.m. Los Angeles at Seattle, 9 p.m.

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

19

T Aries March 21 - April 20

For best results today, you should be totally honest about your feelings — even when a backlash is likely. You may lose out in some way in the short-term but in the long-term your reputation will soar.

Taurus April 21 - May 21

A loved one can be hard to understand at times and today it may be impossible to work out what is going on in their head, never mind their heart! Don't worry, it will be OK.

II Gemini May 22 - June 21

Make sure any changes you make over the next 24 hours are necessary. If you have any doubts at all you should keep things as they are, at least for the time being.

9 Cancer June 22 - July 23

Make a wish list and expect those wishes to start coming true over the next few days. Thoughts exist, they are real, and the more you think about what you desire, the more likely it is you will get it.

$\mathbf{\Omega}$ Leo July 24 - Aug. 23

You may not be the sort who is easily fooled but you should still be on your guard today. Someone you thought you could trust is playing games at your expense. Don't let their games leave you out of pocket.

W Virgo Aug. 24 - Sept. 23

The planets warn you may be too lenient with someone. If you are, it is likely they will take it as a sign of weakness and take from you more. Don't let your heart rule your head.

△ Libra Sept. 24 - Oct. 23

Under no circumstances should you take risks with money. The Sun's move into the financial area of your chart means there is a lot to gain but more to lose.

M Scorpio Oct. 24 - Nov. 22

If there is one thing you hate, it's not being sure what is true and what is false. But, there is no way of knowing today. The more thought you give the situation, the more of a dilemma it will be, so stop it.

₹ Sagittarius Nov. 23 - Dec. 21

Some people just cannot take criticism and one such person will give you a hard time today because you pointed out where they're going wrong. They should not abuse you — they should thank you.

6 Capricorn Dec. 22 - Jan. 20

You seem to be in a forgiving mood, which is not like you at all. Others may be suspicious but, yes, it's true — you really do want to be nice to people. They may even be nice back.

Jan. 21 - Feb. 19

You have never been the sort to care too much what others think and if you find yourself swimming against the tide of opinion today you will be quite happy about it. You enjoy being the odd one out?

H Pisces

Feb. 20 - March 20

If certain people seem somewhat evasive, it's a sure sign that something underhand is going on. And, you have a fair idea what it is. Don't let them know their deceit has failed yet. sally brompton

Crossword: Canada Across and Down

20

44

68

Across

- 1. Botanist Mr. Gray's 5. Weight unit 9. Rose pink (Pretty colour) 14. 110- appliance 15. Hawkeye State
- 16. Function or purpose 17. Ancient concert
- sites 18. Thickening gum 19. Works the Fall
- leaves 20. The Fall Classic: 2 wds.
- 23. 'Lion' suffix 24. Big tree along coastal British Columbia, __ Spruce
- 25. "Whatcha Say" by Jason
- 27. City haze 30. Coral formations
- 32. Common lunchbox sandwich [acronym]
- 35. Dearly departed bios 38. In the distance
- 40. Located in Regina, the 'Depot' of the RCMP is its what?: 2 wds.
- 44. Wrestling of Japan
- 45. Vision 46. "__ Haw" 47. Prometheus, for
- one 50. Words on a garage sale tag 52. "The Wiz" (1978)
- song: "_ the Road" 55. Pairs

Down

- 59. __-relief 61. 1983 comedy flick featuring the SCTV characters at #11-
- Down: 2 wds. 64. Diminish 66. Stead
- 67. Trickery 68. AC/DC's "

48

- 69. Racetrack shape 70. "Heat of the Mo
 - ment" band 71. Mr. Baldwin's 72. Jodie Foster movie
 - 73. 12 months

18

Down

62

38

45

53

69

- 1. Pledges 2. "Me too.": 3 wds.
- 3. Warning signal 4. Celery segments 5. Jobs for musicians
- 6. Don Juan type
- 7. Trophy 8. Chocolate bar, Sweet

70

46

- 9. Act on 10. Conductor,
- _-Pekka Salonen 11. " _!" - Bob 11. "____, ___!" - Bob and Doug McKenzie
- 12. Eras
- 13. Fewer 21. Matt of movies
- 22. Be off 26. Be up ahead

- 28. Kimono sash
- 29. Some bar drinks 31. Ditto
- 32. Tips, tiny-ly
- 33. Men's cologne brand
- 34. Pairs skating great who is a judge on "Battle of the Blades":
- 2 wds. 36. Restaurant chain,
- . Friday's 37. Canadian band
- of "Scratching the
- Surface" 39. Word with
- Whiskey 41. Bitty bit
- 42. Actor brother of
- Miley's ex Liam ...his initials-sharers
- 43. "There is
- the affairs of men." Shakespeare
- 48. Evaluate
- 49. Web
- 51. Public transport mode
- 53. Synthetic yarn
- 54. Gullible
- 56. Originate from
- 57. Alberta village,
- 'Gateway to the
- Handhills' 58. Use profanities
- 59. "Who Let the Dogs Out" by __ Men
- 60. Cain's sibling
- 62. Actress Patricia
- 63. Bird type
- 65. "Cake Boss" network

Yesterday's Crossword

A	7	Å		"M	, E	"R				c	"A	'n	TE.	'n
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How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	8	6.	9	3	2	1	5	4
2	4	1	7	5	6	3	9	θ
9	3	5	4	8	1	7	2	6
3	1	7	2	6	4	9	8	5
5	2	8	3	7	9	4	6	1
4	6	9	5	1	8	2	3	7
1	7	3	6	B	5	8	4	2
8	5	2	1	4	3	6	7	9
6	9	4	8	2	7	5	1	3

3		2			9		5	
				6	1			2
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		7					9	
		4	1		5	7		
	6					2		
		8		9				6
1			7	8				
	4		2			8		5

Weather

TODAY

(<u>*</u>

MAX: 15°

MIN: 2°

FRIDAY

MAX: 9°

MIN: 4°

SATURDAY

MIN: 1



MAX: 14





their toes". WEEKDAYS 5:30 AM

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